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Rural Hall Woman's Club

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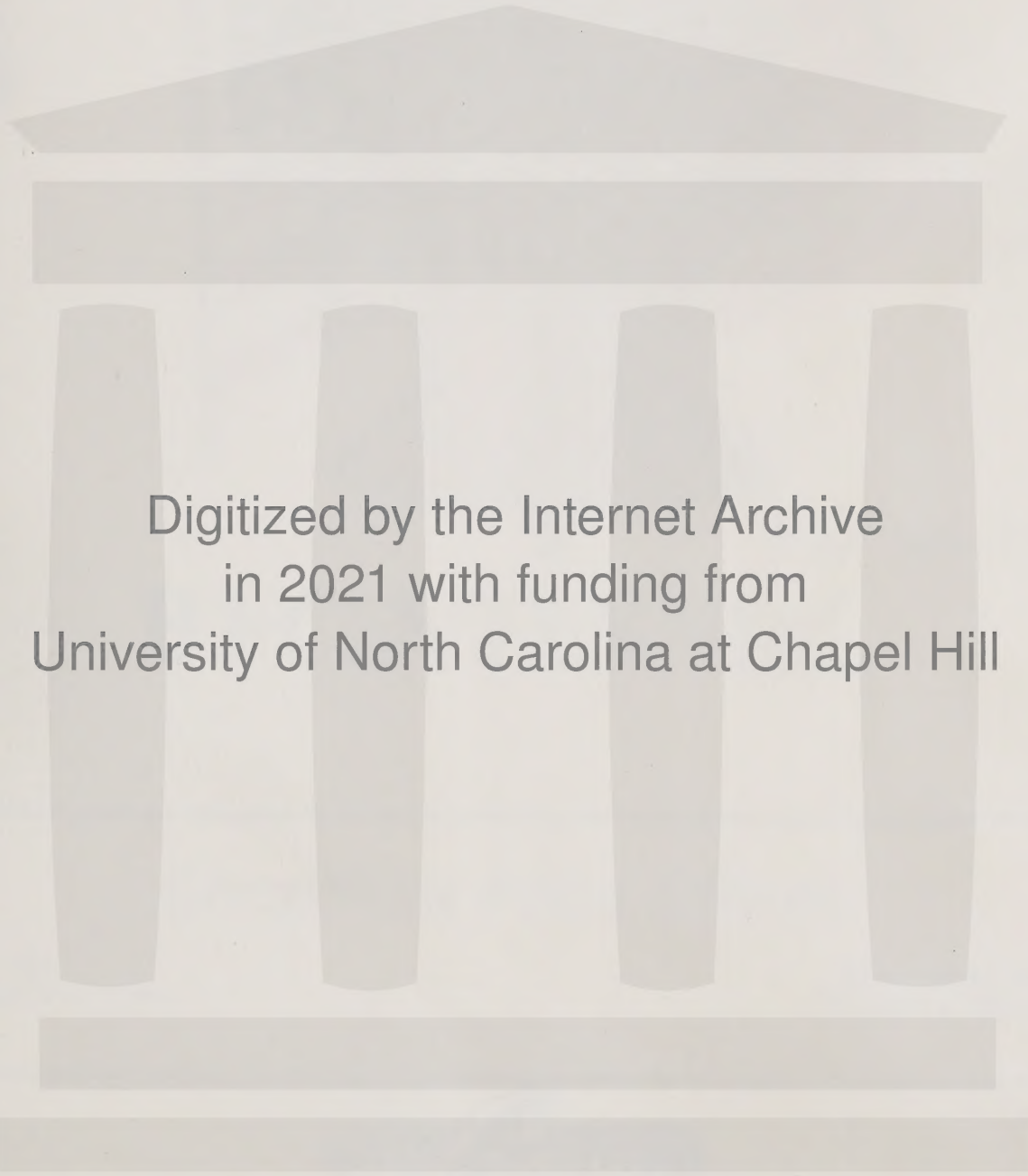


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A BRIEF HISTORY OF RURAL HALL

Because a passing soldier of General Nathaniel Green's picked a spot closeby for this future home, Rural Hall became a place on the map.

With all the traipsing back and forth the Revolutionary War armies of General Greene and other commanders did in this section, many of their soldiers kept a weather eye cocked at the lush territory through which they traveled, with the intention of eventually coming back to settle, provided they survived.

Because one such soldier picked out a spot he liked and later came back to settle on it, Rural Hall was started.

About three centuries ago Ludwig Bitting, forebearer of the numerous Bittings of Forsyth County, pulled out of his Rhineland home in Germany and settled in Germantown, Pa. During his government enforced tour of the south as a soldier of General Greene, his son eyed a choice spot near what is now Germanton, N.C.

Ludwig Bitting II settled at Germanton after the war and helped to start that town.

His son, Anthony Bitting, tanner and saddler, also settled near Germanton. But Anthony Bitting II, purchased land where Rural Hall now stands. Here he erected a home known as "the Bitting House,"

The Bitting House was a stage coach stop providing refreshments for travelers and water, food and rest for the horses pulling the "stages". This stage route ran from Winston Salem to Mt. Airy via Germanton. At times the travelers would spend the night at the Bitting house.

The long halls of the Bitting house were very popular for gatherings of travelers, neighbors, and people wanting to learn about other places from talking with the travelers.

The postmaster general established Rural Hall's first post office in the Bitting house. The post master in Winston-Salem would tell the stage coach driver, "this mail goes to the 'hall'-the 'rural'hall." Thus the name Rural Hall!

The Bitting house was torn down in 1949 when highway 52 (not highway 66) was widened. All materials were purchased and used by Mr. B.V. Richard in his home when he restored the old Ziglar home about two miles south of here. The Duke Power office and Taylor's Garage now occupy a part of hte land where the original Bitting house stood.

In a newspaper article the late Harvey Dinkins stated that the old Bitting house stood near the center of the Bitting Plantation consisting of hundreds of acres. He also said that much of Rural Hall now covers acres included in that plantation. This acreage was originally known as the Moravian Woods (or the Wachovia Tract).

HISTORY (continued)

About 1887 the Atlantic and Yadkin railroad was built from Wilmington to Mt. Airy and was run through Rural Hall. This coming of the railroad required the laying out of lots for homes and businesses so that the place could be called a town. The railroad's coming also required the acquiring of land for a right of way. Soon the Southern railroad was built from Winston -Salem to Elkin via Rural Hall and met the A and Y here.

The first store here was built by Bitting Brothers and Anthony L. Payne. The Bitting Brothers soon sold their share of the store to Mr. J.C. Lawrence. This enterprise soon folded and Mr. A. L. Payne built a store which still stands (1908).

The building that was the hatchery a few years ago was built by Mr. E.A. Helsabeck. When first built and used, it was a store and sold fountain drinks. On the second floor Mr. Charles Robert Helsabeck had his lawyers office. Some of his clients had difficulty climbing the stairway and so he moved across the railroad to a small building near his home (once Jean's Beauty Shop).

At the place where the present hardware store is ,ladies' hats were made and trimmed. Right behind this store Mr. Felts operated a blacksmith shop. The other blacksmith shop was really a livery stable in 1910. This was later the Ford sales and service establishment run by Mr. N.O. and R.Y. Covington and Mr. Virgil Wilson.

Wilson Brothers'Lumber Company was once a roller mill run by Burke, George and Will Wilson all from Pfafftown. In 1921 it became a lumber company and has been growing and prospering ever since.

The largest grocery store in Rural Hall had its beginning as Miller and Wolfe Company. This evolved into Kiser and Griffin Company (1918). Mr. Griffin sold out and the establishment was operated under the name of E. L. Kiser Company Super Market for many years. Some people still call it by that name, but the proper name at this time is Shop Rite, a member of a chain of stores.

Brady Furniture Company has quite a unique history. Before 1920 it was known as Claude Kiser Spoke and Handle Company. (Those of you who are not familiar with spokes, they're parts of wheels). Tom Alderman bought this business and made "unbreakable toilet seats." After that Jesse Wall turned this business into a chair factory in 1936. Now this place of business is a very prosperous furniture factory, making upholstered furniture the wood of which is fine maple.

Along the street where the present post office is was a line of buildings. One was a pool room, one a saloon built by a Dr. Hauser, Dr. Flynt later converted the saloon into the first drug store here. The post office operated right by the (Saloon) drug store for many years. Then it was moved to the antique shop, then to what is now the village library (formerly a sandwich shop and then a 5 & 10¢ store) then to the present place once occupied by the old hotel.

HISTORY (continued)

The hotel was built in the 1890's by several men, headed by a Mr. Beck. Beginning in about 1911 Mr. Jim Ogburn took over the operation of the hotel and with the help of his wife and children the hotel housed many travelers plus teachers and other people from the area that did not choose to run a full house for themselves.

In perhaps the worst fire Rural Hall has ever experienced (since the A. L. Payne store burned in 1904), the old hotel burned in 1959. One man lost his life in this fire. A thoughtful and alert turck driver passing through in the wee hours of a Sunday morning noticed the fire and gave the alarm.

A Mr. Peddycord established the Rural Hall veneer plant in the early part of the century. He sold out to Mr. Will Stauber about 1920. At Mr. Stauber's death the business went to his son, Mr. Lec Stauber and his grandson, Lec Jr. This is still an up and coming enterprise employing several local people.

Right in the middle of Rural Hall, almost directly in front of A. L. Payne and Sons store, there was a well. This well was put there to provide fresh water for people and animals traveling through the town and for the people from the nearby communities who came to town shopping.

Commerical and Farmers' Bank was organized in 1906 by Mr. E. E. Shore. It was first located in the row of buildings near the station right next to The post office until 1922 or 1923. It then bought out Mr. A. J. Long's casket factory and built a bank across Main street from A. L. Payne and Sons store. Under the leadership of Mr. O. L. Kiger in 1958 the bank built and moved into a new modern building across the railroad almost opposite the new post office. It now has a branch bank at Stanleyville and anticipates building another in the Village Square Shopping Center (Near where highway 65 crosses 52 by pass) in the near future.

The first school here was conducted by the Quakers from Guilford College and taught by a Mrs. Neeley. The original building, still standing, was once used for the telephone exchange. (Before that it had been used by campers passing through). It is now being used as a dwelling and has been for many years.

The first high school was a two story frame building and stood on just about the spot between the two existing buildings. This too was under the supervision of the Guilford College Friends. The money at this time was furnished by subscriptions from the interested citizens.

The high school was blown down by a storm. But the Rural Hall citizens would not be outdone. They salvaged the parts left by the storm and built a tymnasium. About this time the state and then the county took over the schools. This kind of setup is still in existance.

There are quite a few new businesses in town. Some have gone and others have come to take their places or just pushed themselves in, period! There are also many other items of interest that should be told, but you remember in the beginning I promised to be brief.

HISTORY (continued)

I got my information from talking with some of the older residents and by reading gleanings that this youngster or that high hopeful had written in school in order to meet a requirement made by some demanding or shopisticated teacher before the days of the open classroom.

Some of the people from whol I received direct hlep were Mr. Ancus Payne and his daughter Diane (Payne) Arrowood plus his grandson Todd Arrowood. Their contributions were from notes of Johnny Arrowood, Keith Kapp and Elhert Krueger.

Another person that spent considerable time and effort in hunting up papers for me is Mrs. C. Robert Helsabeck. Her contributions are from notes taken by her son, Ricky Helsabeck, as he listened to his grandfather, Mr. Charles Robert Helsabeck, Sr., give his version of Rural Hall's beginnings. Jim Ogburn and Frank Strupe also gave me some interesting information.

HISTORY OF RURAL HALL WOMAN'S CLUB

These are some of the facts concerning the beginning of women's club work in Rural Hall. These facts which have been collected at various times from Rural Hall's first Club Women, may not be absolutely accurate, but it is hoped that they are practically so.

Mrs. Ellen Lash Miller is given the credit of having begun the club work in Rural Hall. This first club, known as The Magazine Club, was organized aobut 1892. The members were: Mrs. J. F. Miller, her sister, Miss Lilly Mae Lash; Mrs. J. Walter Wolff, and her twin sister Mrs. Anthony Payne, Mrs. W. G. Hailey, and her brother, Dr. B. T. Bitting, and Dr. S. S. Flynt, and later his bride, formerly Miss Sallie Stauber, and Miss Lillie Wall.

The members met every other Saturday afternoon to exchange magazines to discuss articles and current events.

The Magazine Club was changed to the Wednesday Afternoon Book Club in 1909. Miss Lilly Lash is given credit for the book club movement. This club met every two weeks on Wednesday afternoons, exchanged books, and spent pleasant sociable afternoons together. The "round of books" would be completed and a new list gotten.

This club joined The North Carolina Federation of Women's Club of April 21, 1926 under the sponsorship of Mrs. C. C. Hall of Mount Airy President of District 6. The members were: Mrs. J.A.P. Wolff, Miss Lilly Lash, Mrs. N.O. Covington, Mrs. S. S. Flynt, Mrs. E. A. Helsabeck, Mrs. V.A. Wilson, Mrs. J. L. Styers, Mrs. R. Y. Covington, Mrs. A. L. Payne, Sr., Mrs. O. M. Kiser, Mrs. K.D. Shockley, Mrs. Mattie Hailey, Mrs. A. L. Payne, Jr. Mrs. W. P. Smith, Miss Sadie Wilson, Miss Clara Stoltz, Mrs. Carl Hine, and Mrs. R. M. Cox. Mrs. J.A.P. Solff, President and Mrs. E. A. Helsabeck, Secretary.

HISTORY (continued)

In 1929 the Wednesday Afternoon Book Club joined the General Federation of Women's Clubs, changed its name to The Wednesday Afternoon Woman's Book Club, and met every other Wednesday.

In March 1938, the name was changed to The Rural Hall Woman's Club and met on Tuesday night twice a month. About 1940 they began meeting once a month on the second Tuesday night.

These facts were compiled by Mrs. E. A. Helsabeck.

In 1975 the club has 20 members, maintains, and has programs in the six departments of club work, contributes to all state and federal projects. For the past few years the club has been active in the fine arts department, sponsoring a senior from high school in the scholarship department. Also this year the club is sponsoring a senior in the music contest, the club has sponsored the Girl Scouts and a spelling contest in the local schools. It cooperates and assists all local civic organizations in their work. We are proud of maintaining our status as an honor club for many years. Revised by Mrs. A.C. Payne.

RURAL HALL WOMAN'S CLUB

ORGANIZED 1892

Joined State Federation 1926

Joined National Federation 1929

OFFICERS

THEME: "VOLUNTEERS IN ACTION"

President, Mrs. Milton Kiger
Vice President, Mrs. W.A. Smith
Second V. President, Mrs. Alfred Stultz
Secretary, Mrs. Cameron Payne

Asst. Secretary, Mrs. Wilburn Shouse
Treasurer, Mrs. Harold Grubbs
Asst. Treasurer, Mrs. Mack Eller
Reporter, Mrs. Cameron Payne

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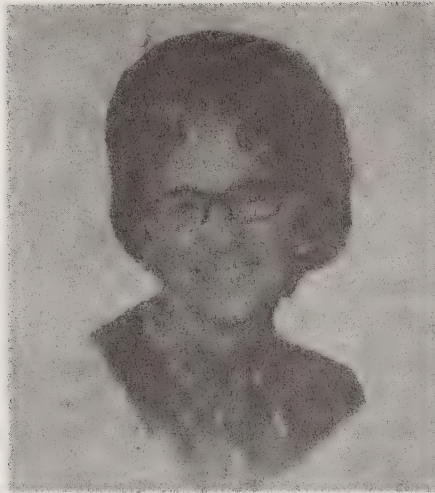
Mrs. Harold Grubbs, Chairman
Mrs. A. C. Payne

Mrs. Mack Eller
Mrs. Milton Kiger

CLUB PROJECT

Chairman, Mrs. Alfred Stultz
Music Mrs. Audrey LeGrand

Volunteer Services, Mrs. I.B.
Whittington



A TRIBUTE

For many years Virginia Clayton Phelps contributed her time, her talent and her gifts to the Rural Hall Woman's Club.

Until a few years ago, when she suffered a paralyzing stroke that kept her confined to her home, she was a faithful member in her attendance and her gifts. She served as a very capable president, also in other offices, and as chairman of many committees. She is gifted with a charming personality, and in her active years a great store of energy. She has been an inspiration to all who have known her.

The Rural Hall Woman's Club is happy to have this privilege of honoring a much loved and admired member of our organization

"A TIMELY TRIBUTE"

By: C. Truett Chadwick

(With deep appreciation and due apologies to Henry W. Longfellow)

Listen, my friends, and you shall hear
Of two beautiful people we've all held dear.
They've lived right here in our own fair town,
Yet, far and wide they have won renown,
Filling our lives with love and cheer.

He was of Rural Hall, born and bred
In a family that respected and tilled the soil,
And faced each day without fear or dread,
Reaping the first fruits of honest toil.
With faith in each other and devotion to God,
Plus a fatherly push and a motherly prod,
Everyone worked and did his best,
Till the time came for each one to leave his nest,
Eager to gain his personal quest.

She came from the neighboring county of Stokes,
From a family of God-fearing, hard-working folks.
Being only one sister to six lively brothers,
She learned quite early to care for others.
She mastered housework, did laundry, and learned to cook
With skill and finesse and scarcely a look
At the family's favorite recipe book
One event in her young life she'll always recall--
When Papa gathered his brook and moved them all to Rural Hall

So, it came to pass, in accord with God's plan,
That the lad from Rural Hall chanced to see
In the young lass from Stokes a fair bride-to-be.
He wooed her, he courted her, and around her he tarried--
As ardent a suitor as you'd see in a man.
Those sweet days of courtship passed joyous and free,
And May 7, 1924 saw them happily married.

From the start, their married life centered in church.
He was of Methodist bent and frame,
While she from a long line of Baptist came.
Few doctrines, she felt, would fall from their perch
If she joined the church of the man she had wed.
Both worked faithfully, leading and led.
For forty-five years, in foul days and sunny
He counted and kept up with all the church money.
Meanwhile, chairing church fellowship functions--
Serving where needed without fear or compunction--
Was the dear wife he lovingly referred to as "Mommie".

She received a UMW Life Membership pin,
Given each year as a special award
To one who has worked exceptionally hard,
Asking not when to quit, but where to begin,
She coordinated the work of the Methodist girls,
Circle Leader, Choir-member, she went 'round in whirls;
UMS Treasurer, Christmas programs in December.
And a Communion Steward all love to remember.
As busy as she stays, don't fret about sin--
There scarcely is time for it to get in!
But wait! Another banner unfurls:
She's been a Woman's Club member for about forth years,
And in Garden Club and Senior Citizens, she's there with per peers.
But her joy and delight, above all the others,
Is the help that she brings to her "sisters" and "brothers"
To the sick and the sorrowing, the lonely, the new,
She appears, food in hand, to say "I care about you."

Meanwhile, let's go back to the man
She married and see if anyone can
Find a busier, happier person than he,
As his life seemed to follow the Master's plan.
Wholesome and helpful, winsome and free.
As long as he lived, he would always thank
Mr. E. E. Shore for a job in his bank,
Just out of high school, he was eager, but green.
Yet, Mr. Shore apparently liked what he'd seen.
He made him an offer in nineteen and twenty.
Saying, "Come with me, son, and I'll teach you plenty."
He jumped at the chance, setting his sight
Not in the valley, but clear to the height.
He labored with zeal--didn't dally or shirk--
And he caused those who observed him to cry with delight:
"Here is a young man who came out to work!"

The young man worked hard and applied himself well--
"Assistant Cashier", then "Cashier," and finally by dent
Of talented effort, he became "President,"
And, as he advanced, it's a pleasure to tell
The business so prospered it soon outgrew
Its old location and moved into new
Modern facilities; and with little more ado,
A new branch was added at Stanleyville.

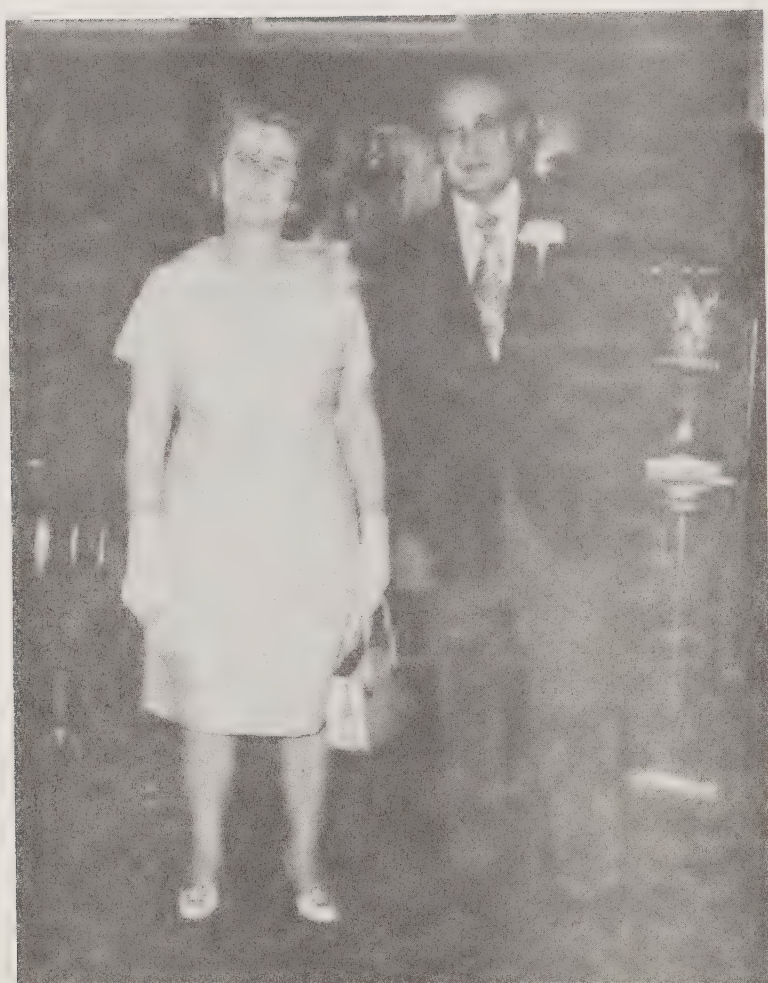
His success as a banker brought him much fame.
Even his competitors joined in the acclaim
Of one who consistently, for fifty two years
Had applied in his business the old Golden Rule,
Seeing in each customer a friend, not a fool.
To be used, then abusively cast off in tears.

TRIBUTE (continued)

Church, home, and business: but still there is more--
Community needs cried out to be met.
And we how have known them can only implore"
"Lord, give us more like them--people who can
See the value in serving their fellowman.
For, in doing for others, ourselves we forget."
United Fund; the School Board; the Precinct Committee--
He gave them his best. While she, for her part,
Poured a bit of God's love into other folk's heart.
And he served as a Forsyth Hospital Trustee,
Building a temple of healing for ages to be.

She follows her hobbies: fishing, cooking and canning,
Ceramics, needlework, and flower-arranging.
He played croquet, "plot gardened," and found it real fun
To put his feet up and rest in the sun.
But the greastes of joys they found on this earth,
Was in the two children to whom they gave birth:
A daughter and son, who with husband and wife
Have brought five lovely grandchildren to add zest to their live.

Who is this "their," this "he," and this "she?"
Just who is this we have taken the time
to write, and to read about in rhythm and rime,
With such deep devotion and obvious glee?
As I said at the start: 'Listen, my friends, and you shall hear
Of two beautiful people we've all held dear.
They've lived right here in our own fair town,
Yet, far tna wide they have won renown..'
They've been our mutual friends, the finest kind,
So join in with me and raise your voice higher
In tribute to two, as great as you'll find:
Bealie(Baker) and the late Oscar Lee, nickname "Buck", Kiger.



"A TIMELY TRIBUTE"

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BRUNCH and BREAKFAST

PARTY IDEAS & MISCELLANEOUS

MATCH DESSERT WITH MEAL

Remember that a heavy dessert goes with a light meal and a light dessert with a heavy meal. Pies and cakes are considered heavy desserts. Light desserts are fruit desserts, custards, sherbets and gelatin desserts.

Remember, too, the other foods in the meal and what is needed in the meal to make it balance nutritionally. The dessert you choose will be an added attraction to any meal. You'll want to choose a dessert that will complement the meal.

How much time do you have to prepare the dessert? Some take more time than others. Cost may be important in your choice of desserts. So may the season. In general, heavy desserts are usually served in winter and light desserts in spring and summer.

Added Touches Make It Pretty

You can change a plain dessert into a masterpiece. Just use your imagination and try some new garnishes. A little goes a long way. Don't use too much.

You'll enjoy trying some of these glamorous garnishes.

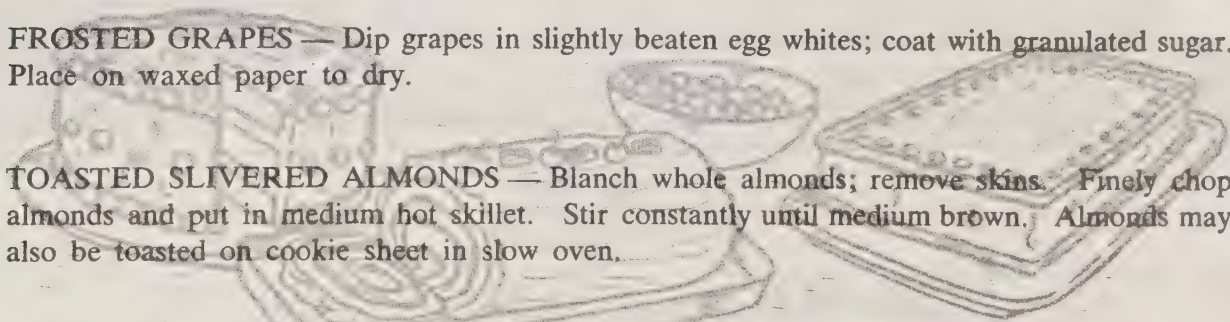
SUGARED GRAPES — Dip wet grapes in granulated sugar; refrigerate until needed.

FROSTED GRAPES — Dip grapes in slightly beaten egg whites; coat with granulated sugar. Place on waxed paper to dry.

TOASTED SLIVERED ALMONDS — Blanch whole almonds; remove skins. Finely chop almonds and put in medium hot skillet. Stir constantly until medium brown. Almonds may also be toasted on cookie sheet in slow oven.

GUMDROP FLOWERS — Between two sheets of sugared waxed paper, roll gumdrops. Cut into shape of petals and leaves. Arrange on cake in shape of flower.

CHOCOLATE LEAVES — Wash and dry rose leaves. Melt semisweet chocolate squares. Using a small paint brush, coat the underside of the leaves with chocolate. Refrigerate. When chilled, remove leaf by peeling off with a knife. Place chocolate leaves on waxed paper and chill until ready to use. Decorate cake and refrigerate until serving time.



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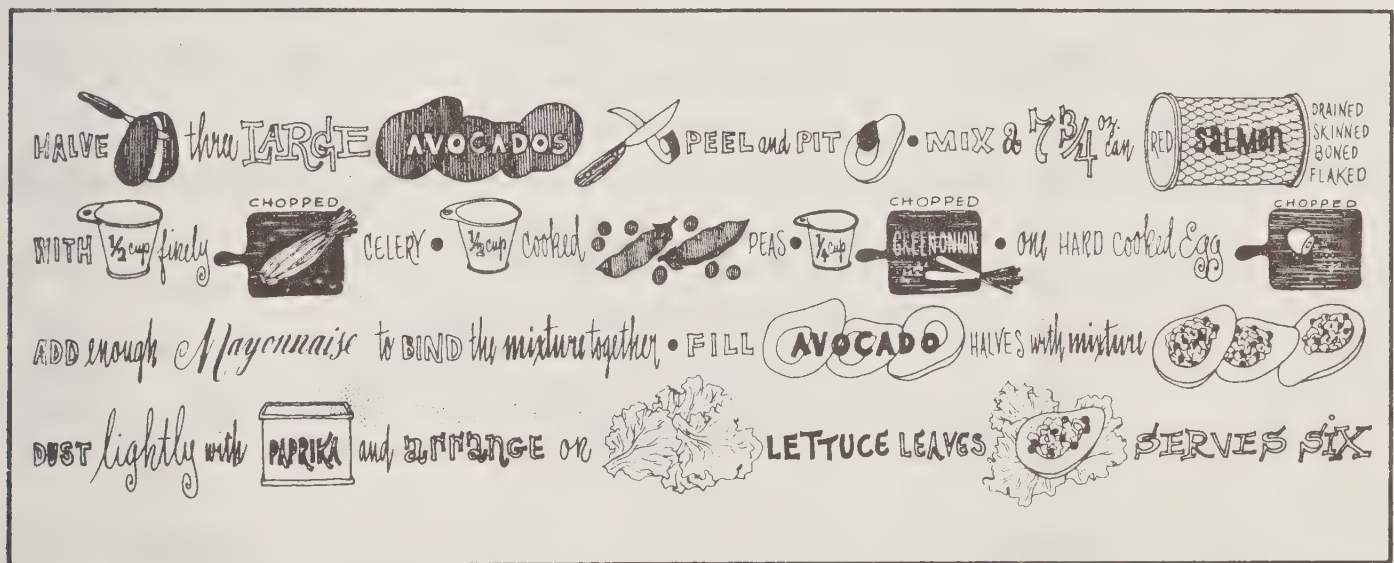
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DESSERT SPICE CHART

| | |
|---------------|--|
| ALLSPICE..... | Plum puddings; fruit cakes; fruit compotes; baked bananas; cranberry dishes; spice cake; molasses cookies; tapioca pudding; chocolate pudding; mincemeat. |
| ANISE..... | Coffee cake; sweet breads; cookies; fruit compotes; stewed apples; fruit pie fillings; licorice candies. |
| CARDAMOM..... | Danish pastries; buns; coffee cake; baked apples; fruit cup; pumpkin pie; cookies; frozen ice cream pudding. |
| CINNAMON..... | Buns; coffee cake; spice cake; molasses cookies; butter cookies; custards; tapioca; chocolate pudding; rice pudding; fruit pies; stewed fruit; hot cocoa and chocolate drinks; over vanilla ice cream. |
| CLOVES..... | Stewed fruit; apple, mince and pumpkin pies; spice cake; rice pudding; chocolate pudding; tapioca |
| FENNEL..... | Coffee cake; sugar cookies; apples in any form. |
| GINGER..... | Cookies; spice cake; pumpkin pie; Indian pudding; baked, stewed and preserved fruits; applesauce; custard. |
| MACE..... | Gingerbread batter; stewed cherries; doughnuts; cakes; pound cakes; fruit pies. |

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CALENDARS - 1800 TO 2050

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| 1806 | 4 | 1834 | 4 | 1862 | 4 | 1890 | 4 | 1918 | 3 | 1946 | 3 | 1974 | 3 | 2002 | 3 | 2030 | 3 |
| 1807 | 5 | 1835 | 5 | 1863 | 5 | 1891 | 5 | 1919 | 4 | 1947 | 4 | 1975 | 4 | 2003 | 4 | 2031 | 4 |
| 1808 | 13 | 1836 | 13 | 1864 | 13 | 1892 | 13 | 1920 | 12 | 1948 | 12 | 1976 | 12 | 2004 | 12 | 2032 | 12 |
| 1809 | 1 | 1837 | 1 | 1865 | 1 | 1893 | 1 | 1921 | 7 | 1949 | 7 | 1977 | 7 | 2005 | 7 | 2033 | 7 |
| 1810 | 2 | 1838 | 2 | 1866 | 2 | 1894 | 2 | 1922 | 1 | 1950 | 1 | 1978 | 1 | 2006 | 1 | 2034 | 1 |
| 1811 | 3 | 1839 | 3 | 1867 | 3 | 1895 | 3 | 1923 | 2 | 1951 | 2 | 1979 | 2 | 2007 | 2 | 2035 | 2 |
| 1812 | 11 | 1840 | 11 | 1868 | 11 | 1896 | 11 | 1924 | 10 | 1952 | 10 | 1980 | 10 | 2008 | 10 | 2036 | 10 |
| 1813 | 6 | 1841 | 6 | 1869 | 6 | 1897 | 6 | 1925 | 5 | 1953 | 5 | 1981 | 5 | 2009 | 5 | 2037 | 5 |
| 1814 | 7 | 1842 | 7 | 1870 | 7 | 1898 | 7 | 1926 | 6 | 1954 | 6 | 1982 | 6 | 2010 | 6 | 2038 | 6 |
| 1815 | 1 | 1843 | 1 | 1871 | 1 | 1899 | 1 | 1927 | 7 | 1955 | 7 | 1983 | 7 | 2011 | 7 | 2039 | 7 |
| 1816 | 9 | 1844 | 9 | 1872 | 9 | 1900 | 2 | 1928 | 8 | 1956 | 8 | 1984 | 8 | 2012 | 8 | 2040 | 8 |
| 1817 | 4 | 1845 | 4 | 1873 | 4 | 1901 | 3 | 1929 | 3 | 1957 | 3 | 1985 | 3 | 2013 | 3 | 2041 | 3 |
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| 1819 | 6 | 1847 | 6 | 1875 | 6 | 1903 | 5 | 1931 | 5 | 1959 | 5 | 1987 | 5 | 2015 | 5 | 2043 | 5 |
| 1820 | 14 | 1848 | 14 | 1876 | 14 | 1904 | 13 | 1932 | 13 | 1960 | 13 | 1988 | 13 | 2016 | 13 | 2044 | 13 |
| 1821 | 2 | 1849 | 2 | 1877 | 2 | 1905 | 1 | 1933 | 1 | 1961 | 1 | 1989 | 1 | 2017 | 1 | 2045 | 1 |
| 1822 | 3 | 1850 | 3 | 1878 | 3 | 1906 | 2 | 1934 | 2 | 1962 | 2 | 1990 | 2 | 2018 | 2 | 2046 | 2 |
| 1823 | 4 | 1851 | 4 | 1879 | 4 | 1907 | 3 | 1935 | 3 | 1963 | 3 | 1991 | 3 | 2019 | 3 | 2047 | 3 |
| 1824 | 12 | 1852 | 12 | 1880 | 12 | 1908 | 11 | 1936 | 11 | 1964 | 11 | 1992 | 11 | 2020 | 11 | 2048 | 11 |
| 1825 | 7 | 1853 | 7 | 1881 | 7 | 1909 | 6 | 1937 | 6 | 1965 | 6 | 1993 | 6 | 2021 | 6 | 2049 | 6 |
| 1826 | 1 | 1854 | 1 | 1882 | 1 | 1910 | 7 | 1938 | 7 | 1966 | 7 | 1994 | 7 | 2022 | 7 | 2050 | 7 |
| 1827 | 2 | 1855 | 2 | 1883 | 2 | 1911 | 1 | 1939 | 1 | 1967 | 1 | 1995 | 1 | 2023 | 1 | | |

DIRECTIONS FOR USE

Look for the year you want in the index at left. The number opposite each year is the number of the calendar to use for that year.

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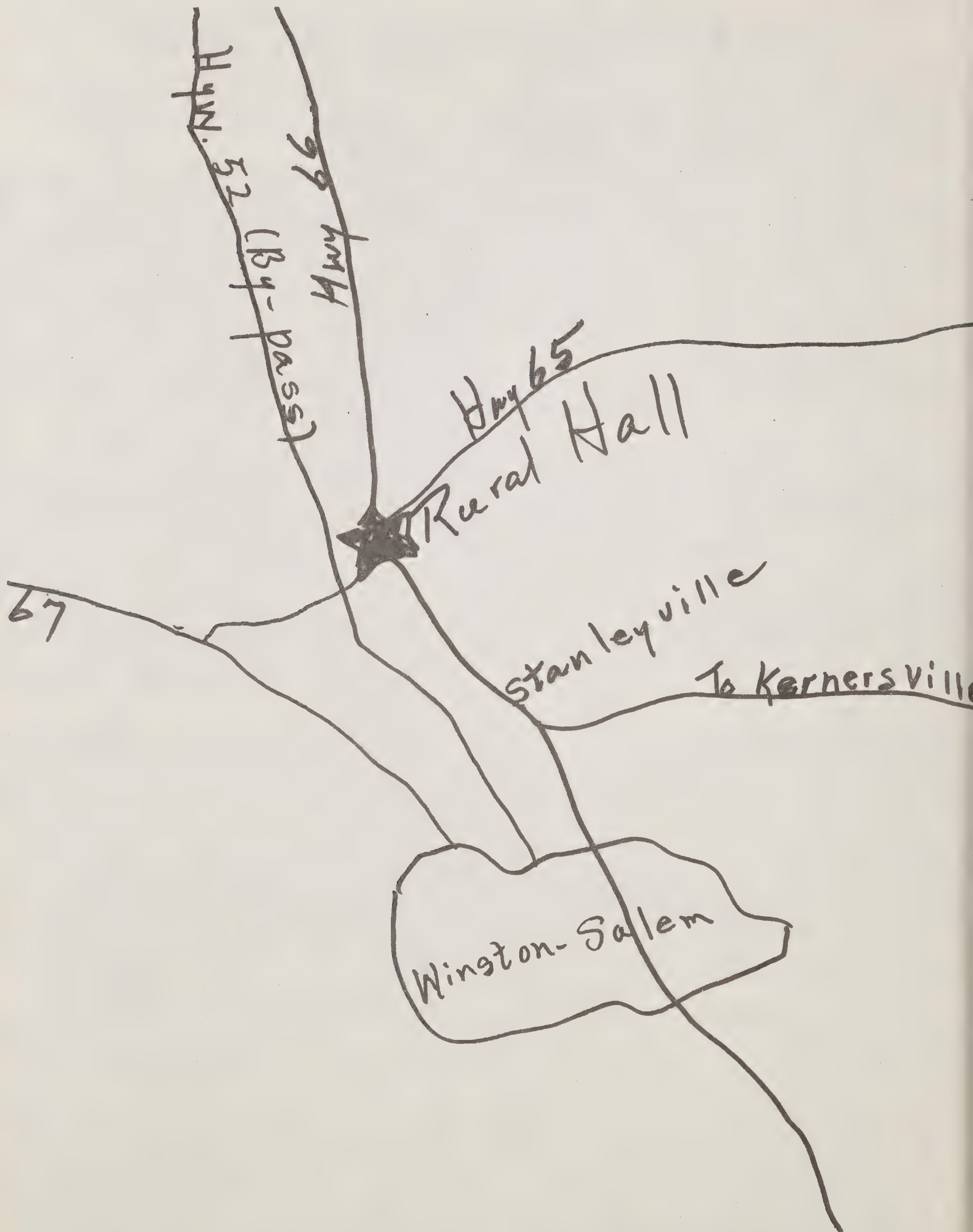
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Cold Beets in Mustard Dressing



Kingston Stuffing



HIGH ALTITUDE BAKING

At sea level, atmospheric pressure is 14.7 pounds per square inch; at 5,000 feet altitude, it is 12.28 pounds per square inch; and at 10,000 feet, 10.2 pounds per square inch. The higher the elevation, the lower the pressure.

As air pressure drops, water boils at lower temperatures. At sea level, water boils at 212°F. Each 500-foot increase in altitude causes a drop of about 1°F. in the boiling point. At very high altitudes, boiling water is relatively "cool". Since heat, not boiling, cooks foods, more time is required for food to reach the desired internal cooking temperature at higher altitudes.

Problems of altitude cookery are of two classes—boiling and leavening.

At altitudes above 3,500 feet, *increase* the oven temperature 25° over the temperature required at sea level. For example, cakes baked at sea level at 350°F. should be baked at 375°F. at *all* altitudes over 3,500 feet.

In high altitudes, flour may become excessively dry unless it is stored in airtight containers. More liquid than the recipe calls for may be necessary to bring a batter or dough to the correct consistency.

PUDDINGS THAT PLEASE

Hot or cold a tasty pudding pleases the most discriminating. Some puddings, such as the steamed ones and baked batters and doughs, become soggy when cold. Souffles must be served hot because they begin to fall as soon as they are taken from the oven. Some puddings may be chilled almost to the point of freezing before being served. To keep puddings from developing a tough surface while in the refrigerator, put waxed paper or clear plastic wrap directly on the surface of the hot pudding.

For steamed puddings, molds may be fancy or as practical as a clean coffee can. Grease the molds and tops generously. Fill the molds one-half to two-thirds full. Secure a piece of waxed paper with a rubber band over the top of the mold to prevent the water from condensing and dropping onto the pudding. Have rapidly boiling water that will reach halfway up the sides of the mold ready in a steamer or deep covered kettle with a rack. Place the molds in the water and steam for the designated length of time. If desired, place pudding in oven for five minutes to dry the top after steaming.

Tempting Custards

You can cook perfect custard every time. The common causes of custard failure are cooking too long or cooking at too high temperature.

A baked custard should be poured into cups and the cups set in a pan of water. Bake in a moderate oven only until set. To test for doneness, insert a knife near the edge of the custard. If the blade comes out clean, the custard will be solid all the way through when it is cool. There will be enough heat stored in the cups to finish cooking the custard when it is removed from the oven. Cool the custard on a rack.

If, when tested, the custard is as well done in the center as on the edges, place the cups in ice water immediately to stop further cooking.

For custards cooked on top of the stove use a double boiler. Do not cook over high heat. Beat the eggs well. Add about $\frac{1}{4}$ cup of the hot liquid to the eggs. Slowly add the rest of the hot liquid, stirring constantly.

Cook over hot water until the custard is thick enough to coat a metal spoon.

Remove from heat and strain the mixture. Continue stirring to release the steam. If the steam is allowed to condense it may make the custard "watery". If the custard gets too hot while cooking, turn it into a chilled dish and whisk quickly or blend at high speed in blender to cool rapidly.



Salmi of Cold Turkey



Eggplant in Coconut Cream



TOP IT OFF BEAUTIFULLY

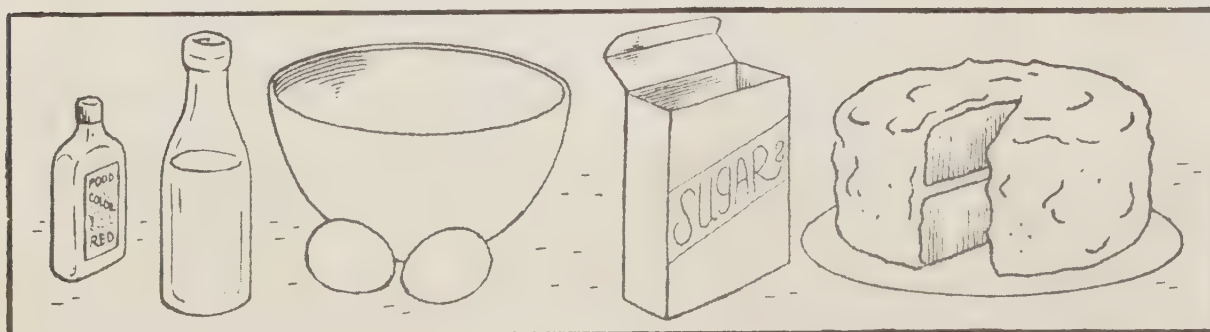
A delicious cake looks and tastes even better with a frosting, filling or topping.

An icing is a mixture of confectioners' sugar and a liquid. It is thin enough to be brushed on with a pastry brush or spread. It is usually used on pastries, rolls and coffee cakes. An icing is sometimes used on simple cakes.

A glaze is a mixture of sugar and liquid that is thin enough to be poured. It is about the consistency of thin corn syrup. A glaze is used to coat cup cakes, fruit cakes and pieces of cake which are to be used as petit fours and tea cakes.

A frosting is a thicker mixture used for cakes. All frostings may be used to cover a cake, but special ones are used for decorating it.

A filling is a thick mixture which is used to hold the layers of a cake together. A filling may be frosting to which fruits, marshmallows or nuts are added. Whipped cream and custard mixtures are sometimes used as fillings.



PERFECT PIES

Pies are a top favorite dessert. They start with a good crust. Tender flaky crusts are easy to make. They add to the delightful taste of a pie.

ONE-CRUST 9-INCH PIE SHELL

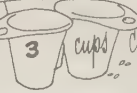

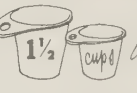

- 1 cup sifted all-purpose flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{3}$ cup shortening
- 3 tablespoons cold water







1. Sift flour and salt together. Cut in shortening with pastry blender, until size of small peas. Sprinkle water over mixture, while tossing quickly with fork, until particles stick together. Form into smooth ball.
2. For ease in rolling out pastry, wrap dough in waxed paper and allow to chill in refrigerator. Lightly roll pastry into circle 1 inch larger than pie plate. Lift loosely into pie plate. Pat out air. Fold edges under and crimp.
3. Prick entire crust thoroughly before baking. This prevents bubbles and excess shrinkage. Bake in hot oven at 450°F. for about 12 minutes or until golden brown. Cool and fill.







Pastry Tips

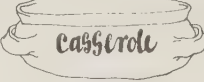
| <i>If This Happens</i> | <i>It May Be Caused By</i> | <i>Try This</i> |
|-------------------------------------|---|--|
| DRY DOUGH THAT IS HARD TO WORK WITH | 1. Incomplete mixing 2. Not enough water | 1. Don't worry about overmixing. Final mixing or shaping of dough may be done with the hands. 2. Use level measures of water. |
| TOUGH PASTRY | 1. Not enough shortening or too much flour. | 1. Use at least $\frac{1}{3}$ cup shortening for each cup of sifted all-purpose flour. Use very little flour on board for rolling. |
| SHRINKING OR BUCKLING OF PASTRY | 1. Pastry stretched during fitting to pie pan. 2. Pastry shell not adequately pricked on sides and bottom before baking. | 1. Use large enough recipe to fit pie pan without stretching. Don't stretch dough when fitting to pie plate. 2. Prick pastry generously over bottom and sides of pie plate. |

Green Rice Casserole



Combine  3 cups cooked RICE •  three eggs well beaten •  1 1/2 cups chopped  ITALIAN PARSLEY




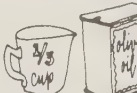


1 medium  onion  grated • 1 small clove  garlic  mashed • 3  tablespoons melted  BUTTER





3  tablespoons  grated SWISS cheese •  1/2 cup MILK •  salt  to taste • add  1/4 cup sliced stuffed olives





pour into greased 1 1/2 to 2 quart  casserole BAKE in 350° oven 35-40 minutes or until TOP browns • serves 4-6

Greek Eggplant Salad

Bake 1 **LARGE**  eggplant in a preheated 350° oven 1 HOUR until Soft • Dip into cold water and  peel off skin

 DICE MEAT • add 1 small  onion  grated •  1/3 cup  olive oil • 2  tablespoons WINE VINEGAR

 salt  to taste and MIX  WELL • MOUND ON A PLATTER • Sprinkle with chopped  PARSLEY

Surround  with 2 TOMATOES  in WEDGES and  GREEK BLACK olives •  SERVES 4-6

COOKING THE PERFECT CAKE

Taking the perfect cake from the oven is a thrill. You can do it every time.

Cakes come under two general types. The basic ingredients determine which type it is. One type of cake is made with shortening. Various butter cakes, fruit cakes, pound cakes and chiffon-type cakes fall into this group. The other group includes those made without shortening — angel food and sponge cakes.

The two commonly used methods for making cakes are the creaming method and the quick method. In the creaming method, shortening, sugar, eggs and salt are creamed or blended together until light and smooth. Dry ingredients and liquid are added alternately and blended until smooth. In the quick method, the shortening, dry ingredients and part of the liquid are mixed for two minutes. The eggs and remaining liquid are then added and mixed for an additional two minutes.

Hints For Success

1. Follow the recipe directions exactly.
2. Be sure to use the size and type cake pans called for in the recipe.
3. Fill the cake pans one-half to two-thirds full.
4. Bake in a preheated oven at the temperature specified in the recipe.
5. Space oven racks so that cake will be almost in middle of oven. Stagger layer pans so no pan is directly over another and they do not touch each other or the sides of the oven.
6. Test for doneness at the end of the minimum baking time. Do not peek at the cake before this time.
7. Cool cake completely before frosting.

COOKIE DELIGHTS

What fun to reach into the family cookie jar and come out with a delicious crunchy cookie! You can keep the cookie jar full of goodies. You must read the recipe carefully, measure exactly, use the correct pans and bake at the correct temperature to have a perfect cookie.

Use pans that are the proper size and kind. Always use cookie sheets or pans that are bright and shiny. Use pans that will leave at least an inch between the sides of the pan and the sides of the oven. This will let the heat circulate between the oven walls and pan and will keep cookies from burning on the bottom.

If you are baking one sheet or pan of cookies at a time, adjust the oven rack so the cookies will be in the center of the oven. If you are baking two sheets or pans of cookies at a time, adjust the racks to divide the oven into thirds.

Do not grease the cookie sheet or pans if the cookies you are making contain a considerable amount of shortening. For all other cookies grease the sheets with a bland fat that contains no salt.

If cookie bars are to be made, grease the baking pan and line it with waxed paper. Grease the waxed paper. Bake macaroons on heavy plain paper.

Clues For Success

1. Follow the recipe carefully.
2. Have all ingredients at room temperature for more glamorous, perfect cookies.
3. Measure correctly and accurately, using standard equipment.
4. A tidy bowl is important. Use a rubber scraper often, so the ingredients are well blended.
5. Check cookies when the minimum baking time is up.
6. When using oven-glass baking pans, always lower the temperature 25 degrees.
7. Bake near the center of the oven if a single cookie sheet is used. If two cookie sheets are placed in the oven at the same time, space far enough apart to allow for proper circulation of heat.
8. Bars or squares are done when the sides shrink from the pan, or the top springs back when lightly touched with the finger. Soft cookies will also spring back when touched. Crisp cookies are done when they are fairly firm, and lightly browned around the edges.
9. Unless otherwise directed, remove cookies from cookie sheet right after taking from oven, and place on wire rack to cool. Never overlap, pile, stack, or store warm cookies.
10. Use a wide spatula to take cookies from cookie sheet.



Hors d'oeuvres and Breads



REFRIGERATOR ROLLS

Mrs. O. L. Kiger

1 1/2 c. milk scalded
 1 pkg dry granular yeast
 1/4 c. warm water
 1 stick plus 2 tbs. margarine or
 2/3 c. shortening

1 c mashed potatoes
 1 1/2 t. salt or use 2 with
 shortening
 2/3 c. sugar
 2 eggs beaten
 7-7 1/2 c. flour

Dissolve yeast in warm water. Add margarine, sugar, salt, mashed potatoes to hot milk. When cooled, blend yeast and eggs. Add enough flour to make stiff dough. Put in greased bowl, cover well, refrigerate. The dough will keep for several days. Punch down as it rises in the refrigerator or it will sour. Shape into rolls or cut with small cutter like biscuits. Let rise, bake 400°.

CORN BREAD

Josephine Smith

1 c. self rising corn meal
 1 c. sour cream
 1 can 8 oz. creamed style corn

2 eggs
 1/2 c. salad oil

Mix in any order desired. Bake in greased 9"sq. pan in 400° oven 30 mins or until done.

PARKER HOUSE ROLLS

Vi Eller

1 pkg yeast
 1/4 c water
 1 c. scalded milk
 2 tbs. shortening

2 tbs. sugar
 1 t. salt
 1 well beaten egg
 3 1/2 c. flour

Soften dry yeast in warm water. Combine milk, shortening, sugar, salt, cool to lukewarm. Add yeast, add egg. Gradually stir in flour to form soft dough. Cover, let rise in warm place till double. Roll out on floured surface, cut, shape in rolls. Brush with melted butter, bake 15 mins 400°.

SPOON BREAD

Mrs. Bowman Warren

1 c. sifted corn meal
 1c.boiling water
 1/3 stick butter or margarine
 1 t. salt

1 t. sugar
 3 eggs
 2 c. sweet milk
 3 level t. baking powder

Scald meal with 1 c. boiling water. Add butter, salt, sugar, eggs, milk, mix and add baking powder. Mix well. Mixture should be very thin. Pour in well greased pyrex baking dish, bake 30-40 mins 350° or until brown. This recipe will serve 6-8 people.

DRY CEREAL

Mrs. Ken Wray

4 c. quick cooking rolled oats
 2 1/2 c. wheat germ
 1c. coconut
 1t. cinnamon

2 tbs. br. sugar
 1/2 c. honey
 1/3 c. salad oil
 1 t. vanilla

Mix first 5 ingredients. Add honey, mix to distribute thoroughly, with fingers, if necessary. Add oil, vanilla, mix thoroughly. Spread in ungreased 10x15" jelly roll pan, bake 325° 20 mins stir occasionally. Serve moistened with milk. Nuts or raisins may also be added. Makes about 7 1/2 c. dry cereal. This recipe makes delicious and inexpensive dry cereal that's also nutritious. It contains protein, iron, vitamins E and B.

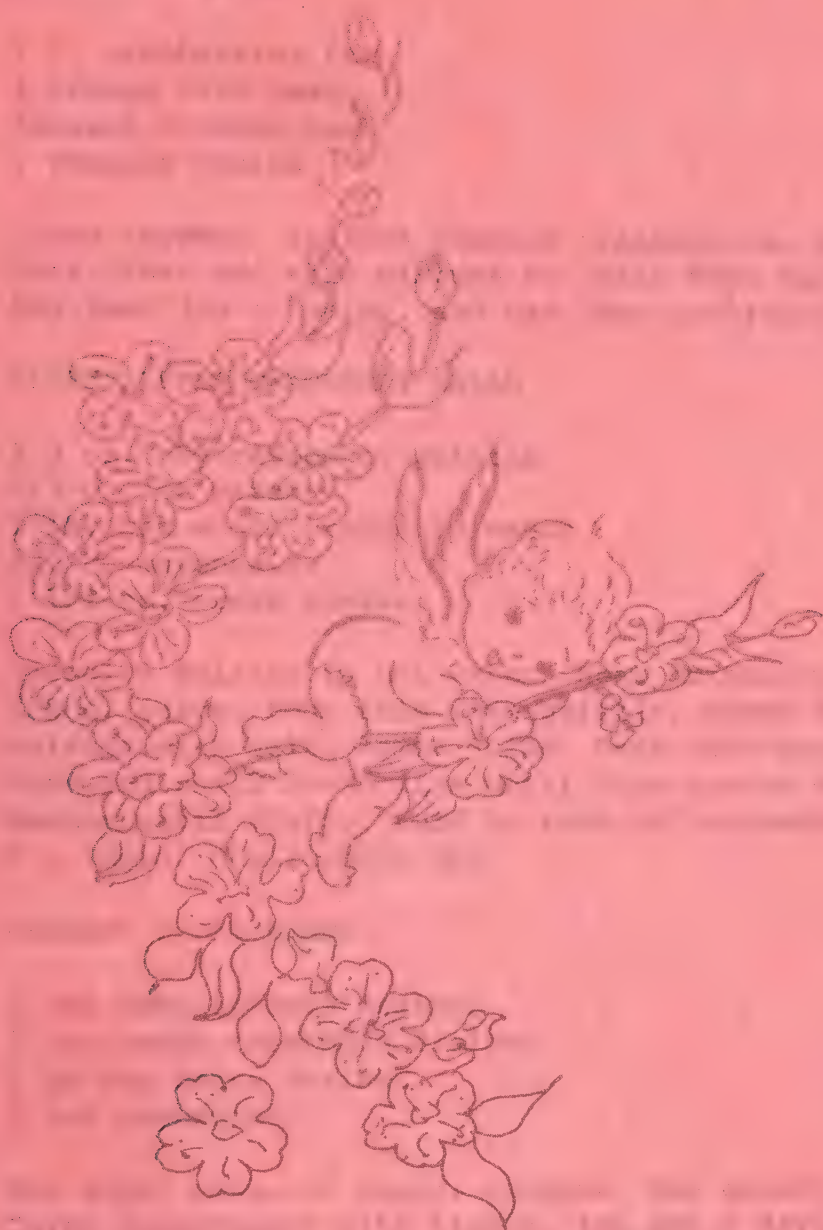
ARMENIAN BREAD

Mrs. Bowman Warren

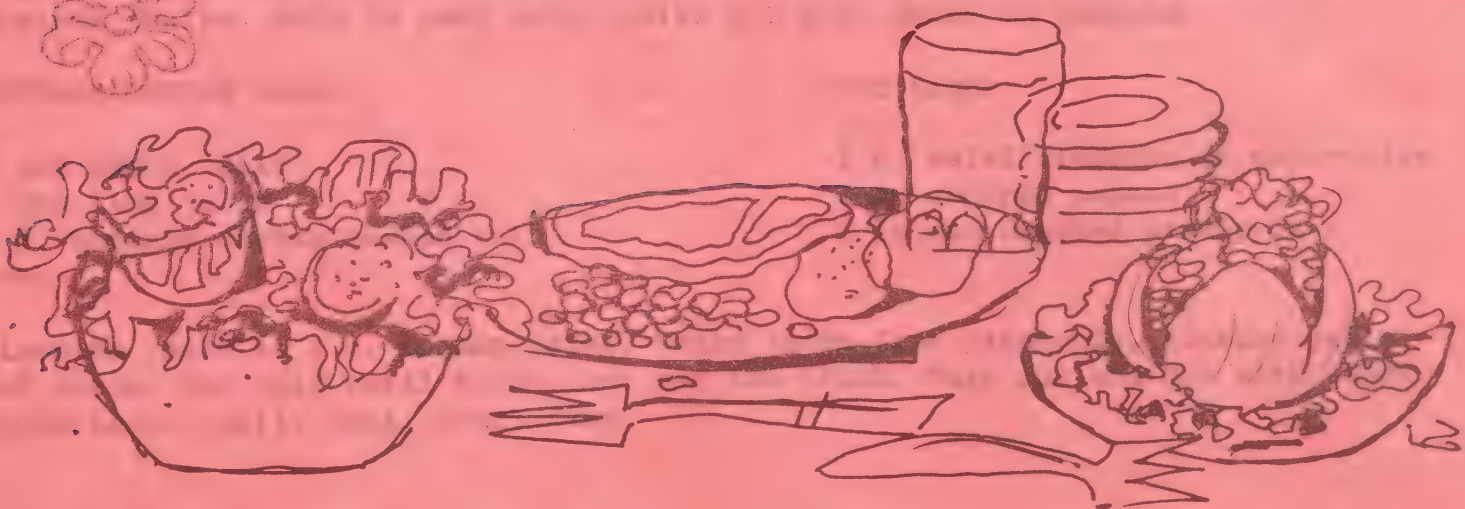
5-5 1/2 c. unsifted flour
2 pkg instant blended yeast
2 tbs. sugar
2 tbs. salt

2 tbs. shortening
2 c. warmed up tap water 120-130°
Sesame seeds

In lg. mixing bowl thoroughly stir together 2 c. flour, undissolved yeast, sugar, salt, shortening. Add water. At low speed of electric mixer, scraping bowl constantly, beat 1/2 min. Stir in enough of remaining flour to form a soft dough. Turn out on lightly floured surface, knead until smooth. Place in greased bowl, turn to grease top. Let rise in warm draft free place until doubled 45-60 mins. Punch down dough. Let rest 15 mins. Divide dough into 4 parts; shape each into ball. Place balls well apart on greased cookie sheet, with knuckles flatten to 3/4" thick. With razor blade or sharp knife slash tops to make wide wedges. Brush with milk. Sprinkle with sesame seeds. Let rise as above until double 20-30 mins. Bake 425° until well browned, 20-30 mins. Remove to wire racks to cool.



Salads

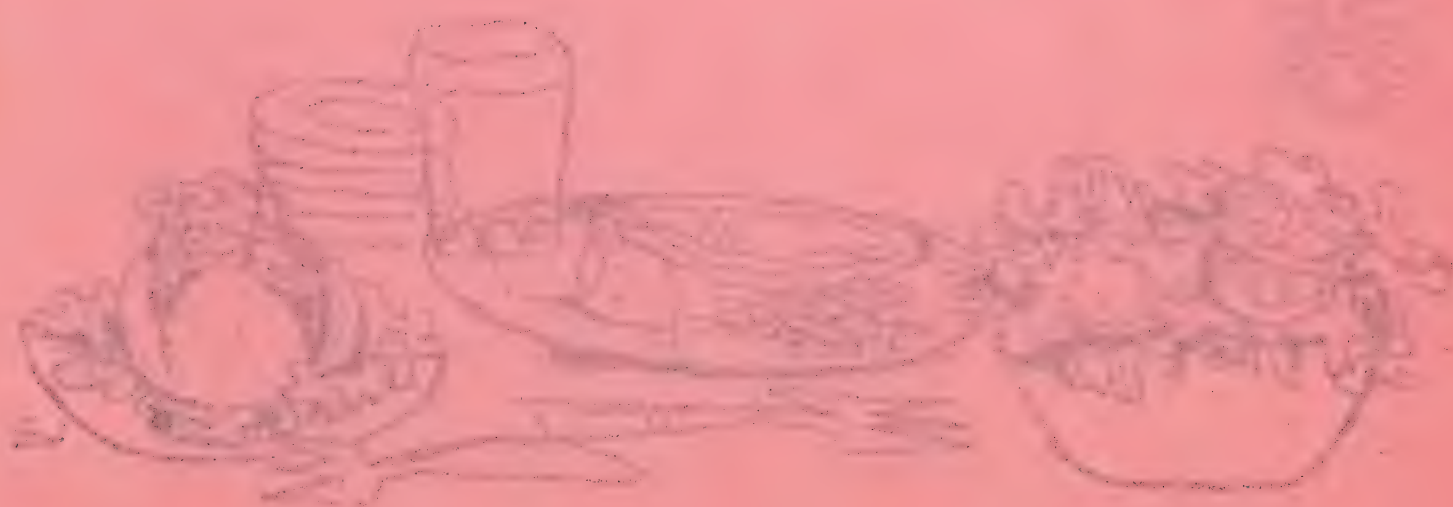


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CRANBERRY SALAD

Gwen Payne

2 c. cranberries raw
1 orange with peel
1 orange without peel
2 chopped apples

2 pkg lemon jello
1 c. chopped nuts
1 1/2 c. sugar

Grind together in food chopper cranberries, oranges. Add 1 1/2 c. sugar, apples nuts. Then add this mixture to jello that has been prepared by directions on box less 3/4 c. water, and has been partially set.

FLUFFY APPLE CRANBERRY SALAD

Mrs. W. H. Grubbs

1 3 oz. pkg raspberry gelatin
2/3 c. hot water
1 lb. can whole cranberry sauce
1/2 c. mayonnaise
1 1/2 oz. cream cheese

1/4 t. salt
1 tbs. lemon juice
2 delicious apples finely diced
1/2 c. chopped pecans or walnuts

Dissolve gelatin in hot water. Heat cranberry sauce until melted and strain 1/2 c. juice. Pour this into gelatin. Blend mayonnaise and cream cheese. Add to gelatin with salt, lemon juice. Beat with rotary beater. Turn into freezing tray and chill 20-25 mins until firm around edges. Turn into bowl. Whip with beater until fluffy. Fold in rest of cranberry sauce, nuts, apples. Pour in 6 c. mold. Chill until firm

CHINESE SALAD BEANS

Mrs. Alfred Stultz

1 can bean sprouts drained
1 can water chestnuts drained
1 can wax beans drained
1 can mushrooms

1 can bamboo shoots
1 c. celery chopped
1 can green beans drained

Mix equal amts. of sugar, vinegar. Add celery seeds, salt, Stir until dissolved Cover ingredients with liquid, let set 2 days. Delicious for buffet.

CIRCUIT SALAD

Mrs. Ken Wray

1 can about 15 oz. pineapple chunks
1 can 11 oz. mandarin orange sections
1 3/4 c. creamed cottage cheese

1 pkg 3 oz. orange gelatin
1 container 4 1/2 oz. cool whip

Drain fruits, thoroughly. With hands, blend cottage cheese, dry gelatin. Add drained fruits, Fold in cool whip, chill 1-2 hrs. Serve on lettuce.

COTTAGE CHEESE SALAD

Dot Kiger

1 pkg lemon jello
1 pkg lime jello
1 c. cottage cheese mashed with fork

1 c. salad dressing or mayonnaise
1 c. chopped pecans
1 lg can crushed pineapple

Dissolve jello in 1 c. boiling water. Drain juice from pineapple, combine jello and juice, let jell until thick, but not too thick. Take out and mix with other ingredients. well. Chill until firm

VEGETABLE SALAD

Ruth Payne

1 head lettuce tu in sm pcs
 4 stalks celery chopped
 1 can LeSeur peas drained

1 pt Hellmans mayonnaise
 Parmesan cheese

Mix lettuce, celery, peas. Make 24 hrs before serving. Ice or completely cover with 1 pt. mayonnaise. Sprinkle with parmesan cheese, cover with saran wrap and refrigerate 24 hrs. Add bacon bits before serving if desired. Sealing vegetables with mayonnaise makes a very crisp salad.

24 HOUR SALAD

Mrs. Bowman Warren

2 eggs beaten
 4 tbs. vinegar
 4 tbs. butter
 2 cans white cherries halved
 2 c. diced pineapple

2 oranges diced or 2 cans
 mandarin bits
 2 c. marshmallows sm. or
 quartered size
 1 cup heavy cream whipped

Put beaten eggs in double boiler, add vinegar, sugar. Cook beating constantly until thick, smooth. Remove from heat, add butter, cool. When cold fold in whipped cream and fruit mixture. Put in refrigerator 24 hrs. May be put in ring mold or left in bowl and spooned into serving dish. If canned fruit is used, the fruit should be drained. Serves 15-20.

BROKEN GLASS TORTE

Mrs. O. L. Kiger

1 pkg lime jello
 1 pkg raspberry jello
 1 pkg lemon jello
 4 1/2 c. hot water
 1 envelop plain gelatin
 1/4 c. pineapple juice

2 c. whipping cream
 1 c. sugar
 1 t. vanilla
 24 graham crackers
 Melted butter

1 pkg each lime, raspberry, lemon jello each dissolved in 1 1/2 c. hot water. Pour into cake pans, refrigerate until congealed. Soak envelop of plain gelatin in 1/4 c. pineapple juice hot. Let cool but not until set. Whip 2 c. whipping cream adding 1/2 c. sugar, 1 t. vanilla. Fold in gelatin mixture. Cut jello in 1/2 "cubes, break up in pcs. fold in cream mixture. Crust 24 graham crackers with 1/2 c. sugar and melted butter. Put in bottom of pan, on top of mixture. This is good put in jello mold pan. Cut like pc. of cake.

APRICOT CHEESE DELIGHT SALAD

Mrs. Ken Wray

1 17 oz. can apricots, drained, chopped
 1 lg. can crushed pineapple drained
 2 pkg orange flavored gelatin

2 c. hot water
 1 c. apricot juice
 1 c. min. marshmallows

Keep apricot and pineapple juice separate. Chill fruit, dissolve gelatin in hot water. Add apricot juice. Fold in apricots, pineapple and marshmallows. Chill until firm. then add topping

TOPPING

1/2 c. sugar
3 tbs. flour
1 egg slightly beaten
2 tbs. butter

1 c. pineapple juice
1 c. whipping cream whipped
3/4 c. grated cheddar cheese

Combine sugar, flour. Blend in egg, butter. Add pineapple juice, cook over low heat, stir constantly until thick. Let cool thoroughly. Fold in whipped cream, spread over congealed salad. Sprinkle with grated cheese, chill. Cut in squares.

FROZEN FRUIT SALAD

Mrs. S. A. Winslow

1 6 oz. can frozen lemonade
1 6 oz. can frozen orange juice
1 no. 2 can crushed pineapple
3 bananas crushed or mashed in blender

2 c. maraschino cherries
2 1/2 c. water
2 c. sugar

Mix all ingredients together. Put in cupcake cups. Place in muffin tins, freeze.

FRUIT SURPRISE SALAD

Mrs. S.A. Winslow

2 sm. pkg wild strawberry jello
2 c. hot water
1 sm. pkg frozen strawberries
1 no. 2 can crushed pineapple drained

3 bananas mashed
1 carton sour cream lg
1 c. chopped pecans

Dissolve jello in hot water. Add frozen strawberries, stir until thawed. Add pineapple and bananas. Pour half mixture in mold, let congeal. Mix sour cream and pecans. Spread over congealed salad. Add remaining fruit mixture. Chill till firm. Serves 12 generously.

COCA COLA SALAD

Mrs. ViEller

1 2 1/2 can crushed pineapple
1 #303 can dk. pitted cherries
2 6 oz. coca cola
2 3 oz. boxes dk. cherry jello

1 8 oz. Phil. cream cheese
1/2 c. pecans or walnuts
chopped fine
Marshmallow cream

Drain all juice from pineapple. Remove all juice from cherries. Dissolve jello in these juices. Remove from heat. Add cola slowly. Chill not firmly. Remove from refrigerator, add crushed pineapple, cherries, quartered. Mix cheese, nuts, enough marshmallow cream to make spread. Divide jello in 2 parts, place spread between. Chill. Serves 15.

STRAWBERRY SALAD

Mrs. Wilburn Shouse

2 pkg strawberry jello
1 #2 can crushed pineapple
1 10 oz. pkg frozen strawberries

1 1/2 c. boiling water
1 c. mashed bananas
1 c. sour cream

Dissolve jello in boiling water. After cooling, add pineapple, bananas, strawberries. Pour 1/2 mixture into long pyrex dish. Spread sour cream over layer of salad. Then put remaining 1/2 mixture over sour cream. Put in refrigerator to congeal. Serves 10.

CHEESE TOMATO SALAD

Audrey LeGrand

2 tbs. plain gelatin
1 tbs. minced onion
1 20 oz. can tomato soup do not dilute
3 3 oz. pkg Phil cheese
1 c. whipping cream

1/2 c. cold water
3/4 c. mayonnaise
1 1/2 c. chopped celery
1/2 c. stuffed olives sliced

Place gelatin in cold water, but do not dissolve. Heat soup and dissolve gelatin in soup. Mash cheese, blend with hot soup until mixed. Allow soup to cool. When cold add whipped cream, mayonnaise, chopped vegetables. Pour into individual molds or in bowl, chill until firm. Serves 8.

AVOCADO RING SALAD

Mrs. S. A. Winslow

2 3 oz. pkg. lemon jello
1/2 t. salt
2 c. hot water
1 1/2 c. cold water

2 tbs. lemon juice
2 very ripe avocados mashed
1/3 c. mayonnaise
3 c. sliced strawberries opt.

Dissolve gelatin in hot water. Add salt, cold water. Chill until slightly thick. Pour lemon juice over mashed avocados. Stir in mayonnaise, avocado into jello. Blend well. Pour into 5 c. ring mold, chill. Fill ring with berries after unmolding, opt.

HONEY CREAM DRESSING

1/2 c. sour cream
1 tbs. honey

2-3 tbs. mayonnaise
1/2 c. sliced berries, opt.

FRUIT DUET SALAD

Jo Winslow

2 pkg lime flavored gelatin
2 c. boiling water

1 pt. lime sherbert

Dissolve gelatin in boiling water. Immediately add lime sherbet, stir until melted. Pour into 1 1/2 qt. mold, chill until firm. Unmold and fill center with ambrosia fruit salad

AMBROSIA FRUIT SALAD

11 oz. can mandarin oranges, drained
13 oz. can pineapple chunks, drained
1 c. flaked coconut

1 c. commercial sour cream
or 1/2 c. whipping cream whipped
1 c. cut up or min. marshmallows

Mix all ingredients. Chill several hrs. or overnight.

BLUEBERRY SALAD

Josephine Smith

2 3 oz. pkg blackberry gelatin
2c. boiling water
1 15 oz. can blueberries, drained
1 8 1/4 oz. can crushed pineapple drained
1 8 oz. pkg cream cheese

1/2 c. sugar
1 c. sour cream
1/2 t. vanilla
1/2c. chopped pecans

Dissolve gelatin in boiling water. Drain blueberries, pineapple, measure liquid. Add enough water to make 1 c. and add gelatin mixture. Stir in blueberries, pineapple. Pour in 2 qt. flat pan, put in refrigerator until firm. Blend soft cream cheese, sugar, sour cream, vanilla, spread over congealed salad. Sprinkle with nuts. Makes 10-12 servings.

STRAWBERRY NUT SALAD

Josephine Smith

1 lg. pkg. strawberry jello
1 c. boiling water
1 10 oz. pkg frozen strawberries, thawed

3 mashed bananas
1 8 oz. can crushed pineapple
drained
1/2 c. chopped pecans

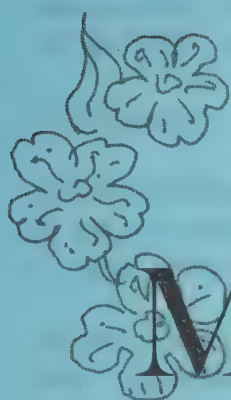
Dissolve jello in boiling water. Fold in strawberries, bananas, pineapple. Put mixture in pan, refrigerate until firm.

TOPPING

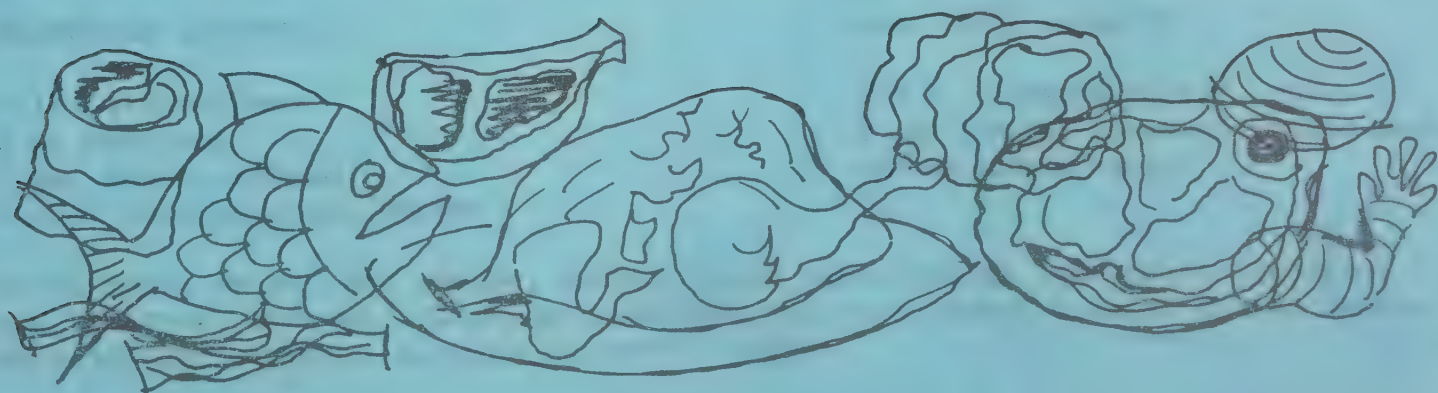
Blend following
1 8 oz. pkg cream cheese soft
1/2 c. sugar

1/2 t. vanilla
1c. sour cream

Spread over congealed salad. Sprinkle with nuts. Return to refrigerator until ready to serve. Cut in squares, serve on lettuce leaves.



Meats and Casseroles



Miscellaneous



GOLDEN BEEF STEW

Mrs. Vi. Eller

1 1/2 lb. beef stew meat
1/4 c. flour
2 tbs. wesson oil
2 1/2 c. hot water
2 tbs. onion
1/2 t. clove garlic
2 t. salt
1/4 t. pepper
1/4 t. paprika

1/8 t. allspice
1 t. sugar
1/2 t. lemon juice
1/2 t. worcestershire sauce
1/4 c. tomato juice
1 c. diced onions
1/2 c. sliced carrots
1 c. cubed potatoes
1/2 c. diced celery

Brown meat, brown in hot wesson oil. Add water, chopped onion, garlic, salt, pepper, paprika, allspice, sugar, lemon juice, worcestershire sauce, tomato juice. Cover, cook over low heat 2 hrs. Add vegetables, cook 15-20 mins longer or until meat, vegetables are tender.

MANICOTTI

Mrs. Alfred Stultz

Cheese filling
2 1/2 c. ricotta cheese
1/4 c. mozzarella cheese shredded
1/4 c. amer. cheese shredded
2 eggs
1/2 c. grated parmesan cheese

1/4 t. freshly ground black pepper
1/4 t. garlic salt
2 tbs. dried parsley
1 dash wine vinegar

Mix well. - Sauce ingredients 1 lb. lean hamburger, 1 6 oz. can tomato paste, 1 12 oz. can tomato sauce, 1 1/2 tbs. oregano, 2 tbs. onion flakes, 1/2 t. garlic salt, 1 t. sugar, 1 dash cinnamon, 2 bay leaves remove after cooking sauce 1 celery leaf remove after cooking sauce, 1 dash bitters, worcestershire sauce 1 can sliced mushrooms drained. Brown hamburger in worcestershire sauce, Pour off excess fat, add remaining ingredients, Simmer on low heat. Cook manicotti noodles according to pkg directions. Stuff with filling, Ladle 1/2 sauce into bottom of 2 casserole dishes. Arrange noodles on sauce. Spoon remaining sauce on top of noodles. Cover with slices of mozzarella cheese. Cook in covered dish 350° 35-40 mins Serves 6.

HAMBURGER PIE

Josephine Smith

1 lb. hamburger
1 sm. onion chopped
1 can french cut green beans drained

Mashed potatoes to serve 6
1 can tomato soup
Salt, little sugar

Brown hamburger, onion in little margarine. Add tomato soup, drained beans, mix together well. Transfer to casserole dish. Top with seasoned mashed potatoes bake 30 mins 350°.

HAMBURGER CASSEROLE

Mrs. Paul Hayworth

1 lb. ground beef
1 c. macaroni
1 sm. onion chopped
1/2 c. chopped green pepper

1/4 c. chopped celery, opt.
1 can stewed tomatoes (tomato soup can be substituted)

Brown meat, onion, add pepper, celery, cook until tender. Add cooked macaroni and tomatoes, mix well. Place in casserole, top with bread crumbs, grated cheese. Bake 30 mins or until topping is brown, 350°.

CHICKEN CASSEROLE

Ruth Payne

1 1/2 c. sliced celery
 2 c. cooked chicken in chunky pcs. boned
 3 c. cooked rice
 1 c. grated cheddar cheese
 3 hard cooked eggs, chopped
 1/2 c. chicken broth
 1/8 t. onion powder

1/2 c. milk
 1/2 c. mayonnaise
 1 can 10 3/4 oz. cream mushroom soup
 1 can 10 3/4 oz. can cream of chicken soup; 1 t. salt
 1/4 t. pepper

Combine celery, chicken, rice, cheese, eggs. Blend broth, milk, mayonnaise, soups, seasonings. Pour over rice, chicken mixture, in greased, shallow 2 1/2 qt. casserole. Bake 350° 30-35 mins. If desired, sprinkle with canned french fried onions, return to oven to heat onions about 2 mins. Cracker crumbs can be used, Serves 8 or more.

CHILI WITH LIMAS

Ruth Payne

1 lb. ground beef
 3 tbs. fat
 1 t. salt
 Dash pepper
 2 c. cooked dried lima beans
 1 1/3 c. bean liquor

1 10 1/2 oz. can cond. tomato soup
 1 no 2 can 2 1/2 c. whole kernel corn or fresh corn
 2 stalks celery cut in 3" strips
 3/4 c. chopped onion
 1 tbs. chili powder; 2-3 drops tabasco sauce

Brown meat in hot fat. Add remaining ingredients. Simmer 1 hr. Serves 8. For 2 c. cooked limas soak 1 c. dried limas overnight in water to cover, add 1 t. salt, simmer do not boil until tender.

CLUB CHICKEN

Gwen Payne

1/2 lb. margarine
 1 lg. onion chopped
 2 1/2 c. celery chopped
 1 lg. can sliced mushrooms
 2 cubes chicken bouillon dissolved in mushroom juice

3 cans cream chicken soup undiluted
 1 1/2 c. milk
 1 pkg slivered almonds
 1/2 c. cooking sherry, opt.
 1 1/2 c. uncooked rice
 1 chopped chicken cooked 5-6 lb.

Saute onions in margarine. Add celery, cook about 10 mins. Brown almonds in margarine, Add mushrooms, chicken soup, milk, rice, almonds. Cook 15 mins. Stir to keep from sticking. Add chicken. Pour into greased baking dish. Top with grated cheese. Bake 40 mins 350°.

BAKED CHICKEN WITH DRESSING

Gwen Payne

1 lg. broiler chicken cooked, boned, pulled into bite size pcs.
 1 can cream chicken soup undiluted

1 lg. onion
 1 c. chopped celery
 1/4 c. margarine

Saute onion, celery in margarine. Make dressing of dressing mix plus 1 c. crumbled corn bread. Moisten with broth from boiled chicken. Add onions, celery. Place chicken in bottom of baking pan. Cover with cream of chicken soup. Spoon over dressing. Bake 400° 30 mins. Reduce heat 325°. Continue baking until dressing is crispy brown on top.

PARTY CHICKEN

Dot Kiger

4 chicken breasts, split in half,
skinned, boned
8 bacon strips
1 4 oz. pkg dried chipped beef

1 10 1/2 oz. can mushroom soup
1 8 oz. carton sour cream

Wrap bacon strip around each pc. chicken. Spread dried beef on bottom of 2 1/2 qt. or 7x11" size baking dish, place chicken on top of beef. Combine soup and sour cream and spread on top of chicken. Bake 3 hrs. uncovered 275° Makes 8 servings.

PORK CHOP AND POTATO CASSEROLE

Dot Kiger

4 lg. thick tenderloin chops
1 can cream mushroom soup
1/2 c. sour cream

1/4 c. water
2 tbs. parsley
4 c. thinly sliced potatoes

Mix soup, sour cream, water, parsley. Brown pork chops in skillet. In casserole alternate with layers of potatoes, salt, pepper, dot each layer with sauce. End with pork chops, on top, cover, bake 375° 1 1/2 hrs.

CHICKEN SUPREME WITH BUTTER TOASTED FILBERTS

Mrs. John Parent

1/2 c. flour
1 t. salt
1/8 t. pepper
3 chicken breasts, skinned, boned, cut
in half lengthwise

2 tbs. lemon juice
10 tbs. clarified butter*
1/2 c. filberts sliced
3 tbs. chopped parsley
hot cooked rice or noodles

Combine flour, salt, pepper, in paper bag. Sprinkle chicken with 1 tbs. lemon juice, shake in bag with flour until coated. Shake all excess flour from chicken. Heat 6 tbs. butter in lg. skillet over med. heat. Fry chicken until golden on both sides, about 3-5 mins. per side, This chicken cooks quickly. The breasts are done when thickest part feels springy when touched with finger. Place chicken on platter, keep warm. Add filberts and remaining butter, to skillet, saute until filberts are browned. Remove from heat, stir in parsley and remaining lemon juice. Pour sauce over chicken. Serve with rice, or noodles Melt 3/4 to 1c. butter in sm. saucepan over very low heat. Let butter stand until milk solids settle to bottom. Spoon off clear fat and discard milky part or use for seasoning vegetables.

HAM AND POTATO CASSEROLE

Cleo Whittington

2 tbs. butter
1/4 c. chopped onion
1 can cream celery soup
1/2 c. milk
1/2 c. cheese

2 tbs. pimento
2 tbs. parsley or green peppers
chopped
3 c. cooked potatoes diced
2 c. ham diced

Cook onions, in butter until soft, but not brown. Add soup, milk, 1 1/2 oz. cheese. Heat, stir until cheese melts, then add diced potatoes, diced ham, parsley or green pepper. Put in buttered casserole, sprinkle remaining cheese on top and bake 350° 35-45 mins. Serves 6.

BAKED TUNA

Audrey LeGrand

1 7 oz. can tuna
3 beaten eggs
1/2 t. salt
1/4 t. pepper
1/8 t. paprika
1 tbs. minced onion

2 tbs. chopped celery
1/4 c cracker crumbs
3 tbs. melted butter
2 c. scalded milk
Shrimp

Flake tuna in greased baking dish. Combine eggs, salt, pepper, paprika, onion, celery, cracker crumbs, melted butter. Add 2 c. scalded milk. Pour over tuna, bake 325° 70 mins. Garnish with shrimp. Serve with shrimp sauce.

SHRIMP SAUCE

2 tbs. butter
2 1/2 tbs. flour
1 tbs. chopped sweet pickle

3/4 c. water
1 t. lemon juice

Cook over low heat until thick, smooth. Add 1 tbs. chopped sweet pickle and 1 no. 1 can whole shrimp. Serves 4.

MEAT BALL OVEN DINNER

Audrey LeGrand

1 lb. ground beef
2 tbs. chopped onion
3 tbs. chopped green peppers
1/4 c. corn meal
1 t. salt
1 1/2 t. dry mustard
1 t. chili powder
1/2 c. milk

1 slightly beaten egg
1/4 c. flour
2 tbs. fat
2 c. tomato juice
3 potatoes quartered
6 carrots halved
12 sm. onions

Combine meat, onion, green pepper, cornmeal, seasoning, milk, egg. Mix thoroughly and form 12 balls. Sprinkle with flour, brown in hot fat. Place in casserole. To fat in skillet add remaining flour. Blend and add tomato juice. Cook thick pour over meat balls. Arrange vegetables around meat balls. Add salt, cover, bake 350° 1 hr. Serves 6.

CHICKEN LOAF

Mrs. Alice Kiger

1 chicken or 4 c. cut up
2 c. cooked rice
2 c. bread crumbs
1/4 c. chopped pimento
1/4 c. melted butter

4 eggs beaten
1 t. salt
1/2 t. pepper
1 1/4 pt. chicken broth

Mix all above. Bake in 2 loaf pans 350° 1 hr.

CRUSTY SALMON TIDBITS

Mrs. Ken Wray

1 can 16 oz pink salmon save juice
1 whole egg

1/2 c. flour enough to make thick

Mix all of above with fork. To 1/4 c. salmon juice add 1 heaping t. baking powder, Mix with fork. Quickly dump into thick salmon mixture and stir. Drop by tiny spoonfuls in hot fat. Iced tea spoon is just right size. Cook just a few seconds or until golden brown.

GLORIFIED HAMBURGERS

Mrs. Ken Wray

1 lb. ground beef
1/2 c. chopped onion
1/2 c. chopped celery
1/2 c. ketchup

Salt, pepper to taste
1 c. grated amer. cheese
5 hamburger buns

Place meat and onion in heavy skillet, and stir until meat is lightly brown. Add celery, ketchup, salt, pepper, cheese. Stir until cheese is melted. Cool in refrigerator. Butter 1 side of the bun, put mustard on other side. Fill with cooled mixture. Wrap in foil. Heat 400° 20 mins or until hot. Serve at once.

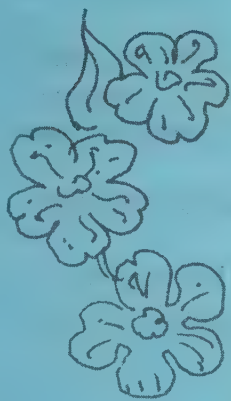
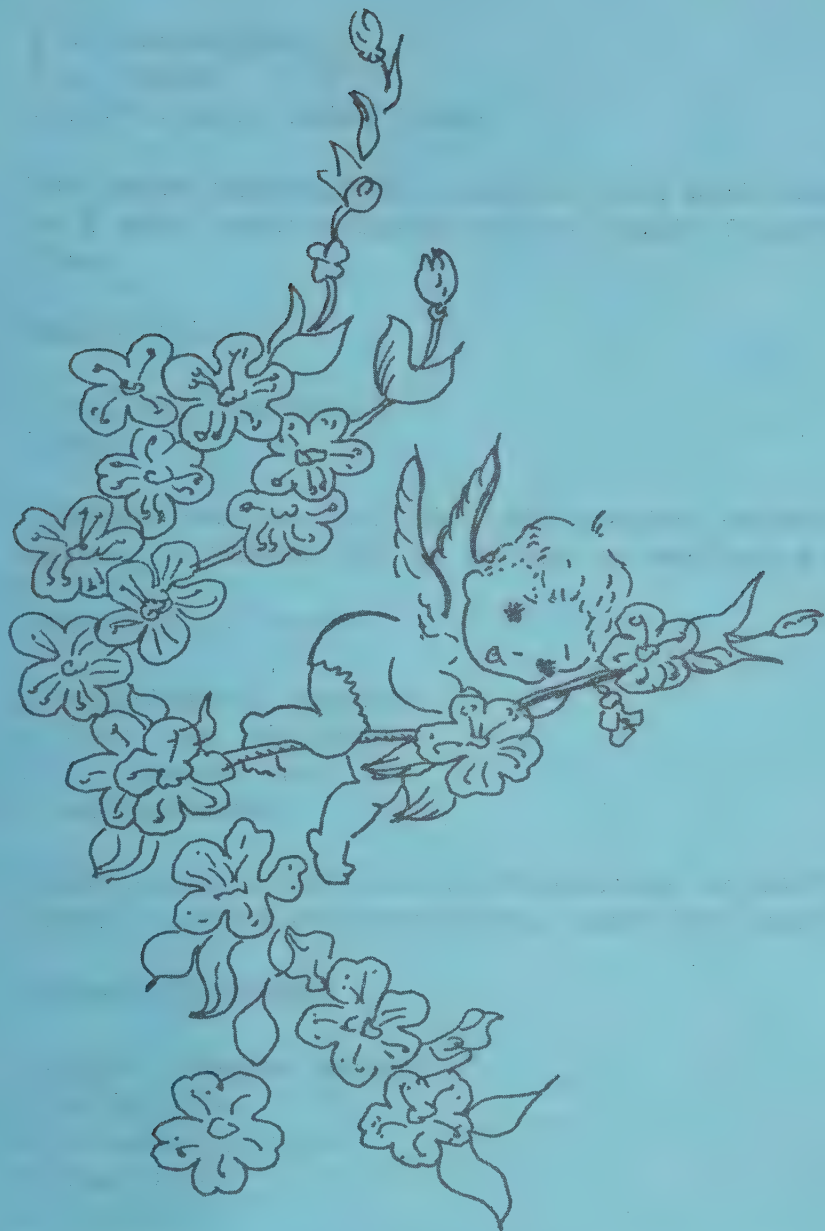
BID KIGO

Jo Winslow

5 lb. sirloin steak or top round
sirloin roast
1/2 c. soy sauce
1/4c. sugar

2 tbs. sesame oil or salad oil
1 clove garlic finely minced
4 scallions, chopped
1 t. mono. glutamate

Steak or sirloin steak must be cut across grain into thin, lg. slices. Each slice should be about 1/8" thick. Combine remaining ingredients and dip the thin slices in mixture. Let slices stand 30 mins. Cook slices on both sides over hot charcoal. Can be cooked in fry pan instead. Cook until meat turns from red to brown.



Vegetables





Vegetables



SLAW

Josephine Smith

1 c. mayonnaise
1 c. sugar
1 1/2 t. salt suite taste

1/2 c. vinegar
1 t. celery seed

Put above ingredients togehter, mix with rotary beater. Pour over 1 lg. head or 2 med. heads cabbage grated finely 2 carrots grated, 1 onion med. size chopped fine.

TOMATO CAKE

Cleo Whittington

1 sm. can tomatoes
1 egg

Cracker crumbs

Crumble crackers and mix. Add cracker crumbs until thick enough to spoon. Salt, pepper to taste. Fry in butter or margarine until brown. Serve while hot.

BROCCOLI AND RICE

Dot Kiger

2 pkg chopped broccoli
1 7 oz. box min rice
1 jar cheese whiz
1 onionchopped

1 can cream chicken soup
2 tbs.butter
1 sm. can chopped mushrooms

Cook broccoli and rice by directions on each box. Saute onion in butter until brown. Mix other ingredients, cook 350° until bubbly.

SPINACH CASSEROLE

Florinda Cooper

1/2 tbs. chopped onion
1/2 tbs. fat
1 303 can spinach
1 tbs. flour
1c. milk

Salt, pepper
3 1/2 tbs. grated cheese
3 eggs
6 cooked shrimp opt

Cook onion in fat, add spinach, flour, milk. Cook until thick. Add salt, pepper, cheese. When this starts to boil remove from heat, add well beaten egg whites, then beaten egg yolks. Turn into baking dish, bake 450° 10 mins.

CORN FRITTERS OYSTER

A.Bie Rettew

2 c. cut off corn
2tbs. flour

2 eggs separated
Salt, pepper to taste, canned
or fresh corn may be used

To corn ad dbeaten egg yolks, flour, salt, pepper. Add stiffly beaten egg whites and blend. Drop by spoonful size oyster into hot veg. oil. They come out looking like fried oysters. Use sm. container for hot fat, fry only few at a time, saves fat, your nerves.

HARVARD BEETS

Kay Booze

Make sauce of
3 tbs. butter
2 tbs. flour
1/2 t. salt
3 tbs. sugar

1/2 c. vinegar
1/2 c. beet juice water that you
cooked your beets in or water
in can if you use canned beets

Add this sauce to 3 c. diced, cooked beets, heat. Serve. Better if allowed to stand 15-20 mins for flavors to blend.

VEGETABLE CASSEROLE

Ruth Payne

1 can english peas drained
1 can sm. onions drained

1 can cream chicken soup
Canned french fried onions or
crushed potato chips

Place sm. onions in bottom of casserole. Pour peas over onions, cover with chicken soup, Use fork to help soup go to bottom. Cover with french fried onions or potato chips. Bake in slow oven until bubbly and hot throughout.

BUFFET GREEN BEANS

Ruth Payne

2 cans french style green beans
1 can bean sprouts, drained
1 can water chestnuts, drained, sliced
1/2 c. parmesan cheese
6 tbs. butter

2 tbs. flour
1/4 t. worcestershire sauce
1 1/4 t. salt
1 pt. half & half milk cream
1/2 c. chopped almonds

Drain beans. In 2 qt. casserole alternate layers of beans, bean sprouts, chestnuts, and cheese. Melt 4 tbs. butter, blend in flour, seasoning, cream. Cook until thick. Pour over bean mixture, mix lightly. Top with almonds coated with 2 remaining tbs. butter. Heat, uncovered, 15-20 mins 425°.

TUNA AND GREEN PEA CASSEROLE

Mrs. Ken Wray

1/2 c. milk
2 hard boiled eggs chopped
1 can tuna

1 can cream mushroom soup
1 can drained green peas
1/2 c. crushed potato chips

Mix first 5 ingredients. Put in casserole dish, cover with crushed potato chips. Bake 25 mins 350°.

SCALLOPED EGGPLANT

Mrs. Bowman Warren

1 med. size eggplant
Salt, pepper
1 sm. onion finely chopped
3 tbs. butter

1 c. dry bread crumbs
1 egg beaten
1/2 c. buttered coars cracker
crumbs

Peel eggplant and cut into 1" cubes. Cook in boiling salted water until tender. Drain, mash slightly, leaving lumpy pcs. Cook onion in butter until golden. Add egg to 1 c. dry bread crumbs. Add onion, salt, pepper to taste. Mix with eggplant. Pour into greased casserole. Top with buttered cracker crumbs. Heat 375° until crumbs are browned. Makes 6 servings.

EGG PLANT SOUFFLE

Audrey LeGrand

1 med size eggplant
2 tbs. butter
2 tbs. flour
1/2 c. milk
1/2 c. grated cheese snappy if possible
3/4 c. soft bread crumbs

2 t. grated onion
1 tbs. tomato catsup
1 t. salt
1/2 c. diced celery
2 eggs

Peel, cut egg plant in sm pcs. Cook until tender, in sm. amt of water, mash fine. Melt butter in saucepan. Add flour, blend. Add milk, cook white sauce until thick. Add white sauce to mashed eggplant. Mix grated cheese, bread crumbs, grated onion, tomato catsup, salt, 2 well beaten egg yolks, diced celery, fold into 2 beaten egg whites. Put in casserole, place in pan of water, bake 375° 45 mins. Serves 6.

ASPARAGUS CASSEROLE

Gwen Payne

1 no. 2 can asparagus all green
1c. grated cheese
3 hard boiled eggs sliced

1 can cream mushroom soup
for sauce
Buttered bread crumbs

Arrange in layers in pan. Cover with mushroom soup. Top with buttered bread crumbs. Bake mod oven until crumbs are crisp and brown Approx. 30 mins.

YELLOW SQUASH CASSEROLE

Mrs. Alfred Stultz

5 c. boiled yellow squash
1 c. diced onions

1/2 lb. sharp cheese
1 can cream mushroom soup

Boil squash, onion until tender. Season with salt, pepper, butter. Place 1/2 of mixture in baking dish. Sprinkle with cheese. Add remainder of mixture. Sprinkle with cheese. Top with cream of mushroom soup. Garnish with cheese paprika. Bake 350° 20 mins or until it bubbles.

SUMMER SQUASH SOUFFLE

Audrey LeGrand

2 lb. yellow squash sliced
1 med. onion
1 t. salt
1/2 t. sugar
2 tbs. butter melted
3 tbs. flour

2 eggs slightly beaten
1 c. milk
1/2 lb. sharp cheddar cheese
grated
Seasoned salt
Buttered bread crumbs

Combine squash, onions, salt, sugar, simmer with sm. amt. of water 20 mins. Drain well, mash. Add eggs, melted butter, flour, milk, cheese. Add seasoned salt to taste. Bake in 1 1/2 qt. casserole 30 mins. Top with crumbs, bake 10 mins more. It can be stored in refrigerator 2-3 days unbaked; bake 350° serves 6.

ORANGE SQUASH VEGETABLE

Mrs. Paul Hayworth

2 c. cooked squash yellow or zucchini
1/2 t. salt
2 tbs. melted butter or margarine

2 tbs. sugar
1/3-1/2 c. orange juice
1/2 c. finely chopped pecans

Mash squash or put through food mill or blender. Add salt, butter, sugar, orange juice. Add more juice if mixture is too dry. Spoon into buttered 1 qt. casserole dish and top with chopped nuts. Bake 350° 20 mins 4 servings.

SQUASH CASSEROLE

Josephine Smith

2 c. cooked squash, drained
10 ritz crackers
2 eggs beaten
2 tbs. onionw chopped

Salt, pepper, sugar to taste
1 can cream mushroom soup
Grated cheese
Butter

Mix squash, crumbled crackers, beaten eggs, onion, salt, pepper, sugar, soup.
Put in casserole. Add grated cheese. Dot with butter. Bake 300° 30 mins

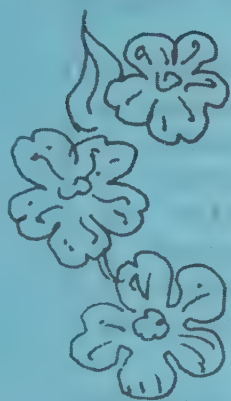
SQUASH CASSEROLE

Mrs. Wilburn Shouse

2 lb. uncooked yellow squash
1 stick margarine
1 chopped onion
1 carton sour cream

1 can cream chicken soup
1 lg. carrot grated
1/2 pkg pepperidge farm herb
dressing mix

Slice, cook squash in sm amt. salted water, until very tender, Drain. Add
margarine, onion, Cool. Add sour cream, cream of chicken soup, carrot,
dressing mix. Pour into 2 casseroles. Then mix remaining 1/2 pkg dressing
mix with melted margarine, sprinkle on top. Bake 350° 30 mins-2 casseroles.



Desserts



Designs



HEAVENLY HASH DESSERT

Vi Eller

2 lg. cans sliced pineapple
 48 marshmallows
 4 tbs. flour
 2 c.nuts; 4 oranges

4 queen bess eggs
 1 1/2 c. sugar
 2 c. queen bess whipping cream

Drain juice from pineapple, place in double boiler. When hot add eggs, sugar, flour, which have been beaten together. Cook until thick. While this cools, cut pineapple, oranges, marshmallows in sm. pcs. Whip cream and fold in cold pudding mixture. Pour over fruits, add nuts. Let stand 1 1/2 hrs. before serving. This makes a good frozen salad serves 32.

COCONUT COOKIES

Mrs. Alice Kiger

1 c. crisco
 1/2 c. white sugar
 1/2 c. br. sugar
 2 c. flour
 1t.soda

1 t. cream of tartar
 1/2 t. salt
 1 egg
 1 t. coconut extract

Cream crisco, sugars. Add egg, extract. Add dry ingredients. Let stand 1 hr. Roll in 1"balls, dip in water, then in white sugar, Bake 375° 10-12 mins.

SUGAR COOKIES

Mrs. Alice Kiger

1 1/2 c. powdered sugar
 1 c. ubtter
 1 egg
 1 1/2 t. vanilla

2 1/2 c. flour
 1 t. soda
 1 t. cream tartar

Cream sugar, butter. Add egg, vanilla. Add dry ingredients. Place in refrigerator to chill. Bake 425° 8 mins.

HOLIDAY FRUIT COOKIES

Josephine Smith

1c. sherry
 1 c.candied cherries, chopped
 1 c. chopped candied citron
 1 c. chopped candied pineapple
 1 lb. white or dark raisins
 1 c. chopped pecans
 1 c. chopped almonds
 1 tbs. buttermilk

2/3 c. soft butter or margarine
 1 1/2 c.lt. br. sugar
 3 c. sifted flour
 3 eggs
 1 t. soda
 1 t. ground cloves
 2 t. ground cinnamon
 1 t. vanilla

Pour sherry over chopped fruits, let stand, covered, overnight. Cream butter or margarine with br. sugar. Add eggs, blend. Sift together dry ingredients, add to creamed mixture with buttermilk, vanilla. Combine chopped nuts, fruit mixture and fold into batter. Drop by tspfuls onto greased cooky sheet. Bake 350° 10-12 mins Makes 12 dz.

COCONUT DREAM COOKIES

Mrs. O. L.Kiger

1 1/2 c. br. sugar
1/2 c. butter
1 c. plus 2 tbs. flour
2 eggs beaten
1/2 t. baking powder

1/4 t. salt
1 t. vanilla
1 c. shredded coconut
1 c. chopped nuts

Cream 1/2 c. br. sugar, butter, 1 c. flour. Pack in bottom of 9x12x3"pan. Bake 10 mins. 350° Mix 1 c. br. sugar, eggs, salt, vanilla, 2 tbs. flour, baking powder. Mix well. Add coconut, nuts, Pour mixture on top of baked mixture. Return to oven, bake 250° until top is dry. Cut in bars, when cool makes 2 1/2-3 dz.

BANANA WHIP DESSERT

Mrs. Paul Hayworth

2 c. graham cracker crumbs
3 sticks margarine
3 bananas
2 c. conf. sugar
1 t. vanilla
2 eggs unbeaten

No. 2 can crushed pineapple
Sm. container cool whip
Pecans
Maraschino cherries diced

Step 1 mix together graham cracker crumbs, 1 stick melted margarine, press into buttered 9x13 pyrex dish. Step 2 slice 3 bananas over crust. Step 3 mix, beat 15 mins high speed 2 sticks soft margarine, conf. sugar, vanilla, eggs. Spread this mixture over crust, bananas. Step 4 spread well drained, crushed pineapple over cream mixture. Top with cool whip, pecans, maraschino cherries.

SCOTCH TEA BARS

Mrs. S. A. Winslow

1/2 c. butter
1c. br. sugar
2 c. quick cook rolled oats

1/4 t. salt
1 t. baking powder
3/4 c. chopped nuts

Combine butter, sugar in saucepan, cook and stir until butter melts. Remove from heat, Stir in remaining ingredients, mix well. Pour into greased 8" sq. pan. Bake 25mins 350° Cool. Cut in 24 bars. Cookies will be soft while still warm. Will harden when cooled.

ICE CREAM BOMBE

Mrs. S. A. Winslow

1 1/2 qt. chocolate fudge ice cream
or other kind
1 pt. coffee ice cream or other kind

Whipping cream
Egg white

Using metal bowl or jello mold put 2 narrow about 3"strips of foil both ways inbottom of bowl, let hang over sides. Line pan with soft ice cream pusing to bottom and sides to form deep well. Fill well with another kind of ice cream Center chocolate fudge and lining coffee. Unmold after freezing and ice with whipped cream, 1 egg white to 1 pt. whipping cream. Put back into freezing unit. Serve in wedges.

BROWNIES

Mrs. Ken Wray

2 c. crushed graham crackers
1 pkg 6 oz. semi sweet choc. bits
1/4 t. salt

1/2 c. nuts
1 can eagle brand cond. milk
1 tbs. vanilla

Mix crackers, choco. bits, salt, nuts, then add eagle brand milk, vanilla. Mix thoroughly, place in greased pan. Bake 350° 25-30 mins

PARTY PUDDING

Doris Smith

Crust: 1 c. plain flour, 1 stick oleo margarine, melted, 1 c. pecans cut up. Mix flour, pecans, melted oleo margarine in bowl. Press thick dough in pyrex dish, bake 15 mins 300°. First filling blend 8 oz. cream cheese, 1 c. powdered sugar, until soft. Fold in 1 c. coll whip. Spread on cooled crust. Second filling: 2 pkg instant butterscotch pudding, Mix with 3 c. cold milk. Beat until thick. Spread on cream cheese spread. Top with remaining cool whip, chill. To serve cut into desired shapes squares, triangles, etc. For a different flavor of dessert use another flavor of instant pudding.

MILLION DOLLAR PIE

Ruth Payne

1 lg. carton cool whip
1 can sweetened cond. milk
1/3 c. lemon juice

1 lg. can crushed pineapple
drained
1/2 c. nuts

Mix lemon juice, milk, Add cool whip, nuts, pineapple. Pour into 2 graham cracker or vanilla wafer crusts. Refrigerate 3 hrs. or longer. Can be frozen. Use half recipe for 1 pie.

LEMON CORN MEAL CHESS PIE

Mrs. O. L. Kiger

2 c. white sugar
2 tbs. corn meal plain
1 tbs. flour
4 eggs
1/4 c. melted butter

1/4 c. milk part evap. and
part whole
1 1/2 lemons use juice with
part of pulp grated or to taste
Pinch salt

Mix sugar, cornmeal, flour. Beat eggs, butter into this. Add milk, lemon juice and salt. Bake in unbaked pie shell 350° 1 hr.

BAKED COCONUT PIE

Mrs. Bowman Warren

3 whole eggs
2 tbs. butter
1 c. rich milk
1 c. sugar

1 t. vanilla
Dash salt
1 c. med. shredded coconut
1 tbs. flour

Mix eggs, sugar, butter, flour, salt. Beat well. Gradually add milk, flavoring, then coconut. Stir well, pour in 9" pie pan lined with pie crust. Bake until fairly firm 350°

PIE CRUST

1 c. sifted flour
4 tbs. shortening

Cold water

Sift flour, salt in mixing bowl, Add shortening, water to form dough. Work well roll out on lightly floured board, place in 9" pie pan.

EGG CUSTARD PIE

Mrs. O. L. Kiger

2 eggs
 1/4 c. plus 2 tbs. sugar
 1 t. vanilla

1 1/2 c. milk
 1/4 t. nutmeg
 Pinch salt

Heat milk just hot stage. Blend in beaten eggs, sugar, flavoring. Pour in 8" pastry shell. Bake on bottom shelf 450° 20 mins only until slightly shaky. Remove from oven, cool before serving.

CHOCOLATE PIE

Gwen Payne

1 pkg choco. bits
 2 pkg creamcheese 3 oz.
 1 t. vanilla
 1/2 c. sugar

1/8 t. salt
 2 eggs separated
 1 c. whipping cream

Melt chocolate bits over hot water. Stir cheese to soften. Add egg yolks, sugar salt, vanilla, melted chocolate. Beat egg whites until stiff. Whip cream. Add cream then egg whites plus 1/4 c. sugar. Pile in baked pie crust or graham cracker crust. Chill thoroughly. If desired garnish with whipped cream or may be served plain.

OUT OF THIS WORLD CAKE

Mrs. O. L. Kiger

2 sticks margarine
 2 c. sugar
 5 eggs
 1 tbs. baking powder
 1 pkg graham cracker crumbs I use 1 bag

1 can coconut
 1 c. sweet milk
 1 no.2 can crushed pineapple with juice
 1 tbs. vanilla
 1 c. pecans

Cream margarine, sugar. Add eggs, 1 at a time. Mix baking powder, with graham crackers crumbs, add alternately with milk, pineapple to creamed mixture. Add vanilla. Fold in coconut, nuts. Turn into tube pan. Bake 350° 1 hr.

WACKY CAKE

Mrs. O. L. Kiger

1 1/2 c. all purpose flour
 1 c. sugar
 1 t. baking soda
 3 tbs. cocoa
 1/2 t. salt

6 tbs. veg. oil
 1 tbs. vinegar
 1 t. vanilla
 1 c. water

Sift flour, sugar, cocoa, soda, salt in ungreased 9x9" cake pan or pyrex cake pan. Punch 3 holes in mixture, in med. hole pour vinegar, in sm. hole pour vanilla, in lg. hole pour shortening. Cover with 1 c. cold water. Stir well with fork and bake 25 mins 350°. Frost in pan in which cake is baked. Cake is so soft it will break. Cool before cutting.

COCONUT CAKE

Mrs. Bowman Warren

1 pt. c. sour cream
 2 c. sugar

2 pkg frozen coconut

Mix above, let stand in refrigerator 24 hrs. Bake pkg yellow cake mix in 2 layers Split layers to make 4. Spread filling between layers and on top. Wrap in foil refrigerate 3 days before using.

CHRISTMAS CAKE

Emily Moorefield

1/2 lb. black walnuts
1/2 lb. pecans
1/2 lb red candied cherries
1/2 lb. green candied cherries
2 c. coconut

2 c. flour
1 3/4 c. sugar
1 c. butter
5 eggs
1t. vanilla

Mix together well butter, sugar, eggs. Chop and add nuts, fruits, flour. Bake in greased, floured pan 2 1/2 hrs. 250°.

GINGER BREAD

Mrs. John Parent

2 1/2 c. flour sifted
1 1/2 t. soda
1/2 t. salt
1t. ginger
1 t. cinnamon
1/2 g. cloves

1/2 c. shortening
1/2 c. sugar
1 c. molasses
1 egg
1 c. hot water

Sift dry ingredients. Cream shortening, sugar until light, fluffy. Add beaten egg, molasses. Add dry ingredients, hot water alternately. Beat until smooth. Pour into well greased, floured pan 10-14"pan. Bake 350° 40-45 mins.

BANANA CAKE

Mrs. Bowman Warren

3/4 c. butter
3 eggs beaten separately
4 t. baking powder
1 t. vanilla

1 1/2 c. sugar
3 c. cake flour
1 c. milk

Cream together butter, sugar. Add beaten egg yolks, cake flour in which baking powder has been sifted, alternately with sweet milk. Flavor with vanilla. Last fold in egg whites beaten stiff. Bake in 3 layers and use following icing.

ICING

1 1/2 c. br. sugar
2 egg whites

1/2 c. water
1 t. vanilla

Boil together br. sugar, water until it spins a thread. Pour slowly beating all time onto egg whites beaten stiff. Add vanilla beat until creamy. Lay sliced bananas over first layer, cover with icing. Place second layer then bananas and icing, third layer. Add 1c. chopped nuts to remainder of icing and cover tops and sides after a layer of sliced bananas is placed on top of cake.

PEACH CRISP

Mrs. Alice Kiger

Peaches
1c. flour
1/2 c. white sugar

1/2 c. br. sugar
1 egg
Margarine

Peel, cut up peaches, to almost fill med. size baking dish. Sweeten to taste. Over peaches place this topping. 1 c. flour, 1/2 c. white sugar, 1/2 c. br. sugar, 1 egg. Mix all together. Drizzle 6 tbs. melted margarine over topping. Bake 350° 40 mins. Serve warm.

SOUR CREAM APPLE COFFEE CAKE

Mrs. S. A. Winslow

1 1/2 c. butter
1 c. sugar
2 eggs
1 t. vanilla
1t. soda
1/2 t. salt

1 c. sour cream
1/2 c. chopped walnuts
2 t. cinnamon
3/4 c. sugar
2 c. sifted flour
1 t. baking powder

Cream butter, sugar, vanilla until fluffy. Add eggs, 1 at a time sift dry ingredients, add to butter mixture. Alternate with sour cream. Grease, flour an angel food cake pan. Spread half of cake mixture in pan. Lay apple slices on batter, then spread 1/2 sugar nut mixture over it. Cover with remaining batter. Top with sugar nut mixture. Bake 45 mins 350° Let cool in pan. Loosen sides with knife. Use 2 pancake turners to lift cake out of tube pan, can freeze, but if frozen warm to serve.

DOCTOR BIRD CAKE

Mrs. Ken Wray

3 c. flour
1 t. baking soda
1t. cinnamon
2 c. sugar
1 t. salt
1 1/2 c. cooking oil

1 8 oz. can pineapple crushed and undrained
1 1/2 t. vanilla
3 eggs
2 c. diced bananas
1/2 c. nuts

Sift together dry ingredients. Add undrained pineapple, oil, vanilla, eggs, bananas, nuts, mixing until blended, but do not beat. Bake in greased, floured tube pan 350° 1 hr. 20 mins Cake will crack slightly on top. Will remain moist and fresh for some time.

LEMON SQUARES

Mrs. W.H. Grubbs

Pastry 2 sticks soft butter
2 c. flour
1/2 c. powdered sugar
Mix, press in pan apprx. 10x14"
Bake 15 mins. 325°.

Filling
4 eggs; 2 c. sugar
6 t. lemon juice
1 t. flour; 1/2 t. bk. powder
1 c. pecans can be added if desired

Beat eggs slightly. Add sugar, lemon juice, flour, baking powder. If desired, add 1 c. pecans, mix, pour on top of pastry. Bake 325° 40-50 ms Sprinkle with powdered sugar.

COCONUT POUND CAKE

Mrs. John Parent

3 sticks margarine
3 c. sugar
6 eggs
3 c. flour
1 t. baking powder

1/4 t. salt
1 tbs. lemon flavoring
8 oz. coconut fresh or frozen
1 c. evap. milk

Cream sugar, margarine, add eggs 1 at a time. Mix well. Baking powder, salt, are added to flour. Add flour and milk beating well after each addition Last add flavoring, coconut. Bake in floured, greased tube pan, bake 1 1/4 hrs. 350°.

POUND CAKE

Mrs. Alfred Stultz

3/4 c. butter
3/4 c. crisco
3 c. sugar
6 eggs
1 c. sweet milk
3 1/2 c. flour

1 t. salt
1 t. baking powder
1 t. vanilla
1 t. almond extract

Cream shortening, sugar, Add eggs, beating after each addition. Add milk, flour which has been sifted with salt, baking powder. Add flavoring. Bake 350° 20 mins. then turn back to 325° 1 hr. Test cake to see if done. It depends on your stove. I place 1 c. water in pie pan on rack under the cake. Cool on cake rack 10 mins remove from pan.

ELEGANT POUND CAKE

Dot Kiger

8 eggs separated
2 2/3 c. sugar
1 lb. butter no substitute
3 1/2 c. sifted cake flour

1/2 t. salt
1/2 c. coffee cream
1 t. vanilla

Separate eggs. Measure sugar, set aside. Beat egg whites until soft peaks form, gradually add 6 tbs. sugar while continuing to beat until stiff. Refrigerate until needed. In lg. mixer bowl cream butter, gradually add remaining sugar. Beat in well beate egg yolks. Sift flour, salt together 3 times, add alternately with cream and vanilla to creamed mixture. Beat until mixture is very light. Fold in egg whites by hand. Pour into greased, floured pan bake 300° 1 3/4 hrs

COCONUT CAKE

1 grated coconut
2 tbs. cornstarch

2 c. sugar

Use layers of 1-2-3-4 cake of hot milk cake Reserve soem coconut for top in filling Use coconut milk plus reg. milk to make 1 c. liquid. Blend sugar, liquid, cornstarch, coconut. Cook stir for 10-15 mins until thick it should be gooey. Spread cooked filling between layers and on top of cake. Sides of cake may be frosted with butter cream frosting. Add reserved coconut to top and sides of cake for a prettier cake.

EASY CHOCOLATE CAKE

Ruth Payne

1 stick butter or margarine
4 tbs. cocoa
3/4 c. oil
1 c. water
2 c. flour

2 c. sugar
2 eggs
1 t. baking soda
1/2 c. buttermilk
1 tbs. vinegar

Heat butter, cocoa, oil, water together in saucepan until butter is melted. Mix well. Sift flour, mix with sugar in med. sized bowl or lg. bowl. Pour heated mixture over flour, sugar, add eggs, mix together. Dissolve baking soda in buttermilk with vinegar, add to batter. Bake in greased, floured 10x13" pan Bake 350° 30 mins or until tests done. ice.

ICING

Melt 1 stick butter add 4 tbs. cocoa, about 3 tbs. milk, 1 tbs vanilla, 1 box powdered sugar. Mix together, adding more milk if needed to make spreading consistency. Spread on hot cake.

THE CHOCOLATE SYRUP CAKE

Mrs. W. Harold Grubbs

1 stick butter or oleo margarine
4 eggs
1 can 16 oz. chocolate syrup
Pinch salt

1 c. sugar
1 t. vanilla
1 c. flour
1 t. baking powder

Cream butter, sugar. Add eggs, flour, salt, baking powder, choc. syrup, vanilla. Mix, bake 300° 30 mins to 35 mins in 10x15" pan.

ICING

1 stick butter or oleo margarine
1/3 c. evap. milk

1 c. sugar
1/2 c. chocolate chips

Bring all ingredients to boil, cook 1-2 mins Remove from heat, add chips, stir until melted. Pour over cake.

MISSISSIPPI MUD CAKE

Mrs. S.A. Winslow

2 sticks melted butter
2 c. sugar
1 1/2 c. flour
4 eggs

2 tbs. cocoa
1 1/3 c. coconut
1 1/2 c. pecans

Mix above ingredients, bake 350° 35-40 mins Spread with marshmallows cream med. size jar, as soon as it comes out of oven. Let cool for a couple of hrs. then ice.

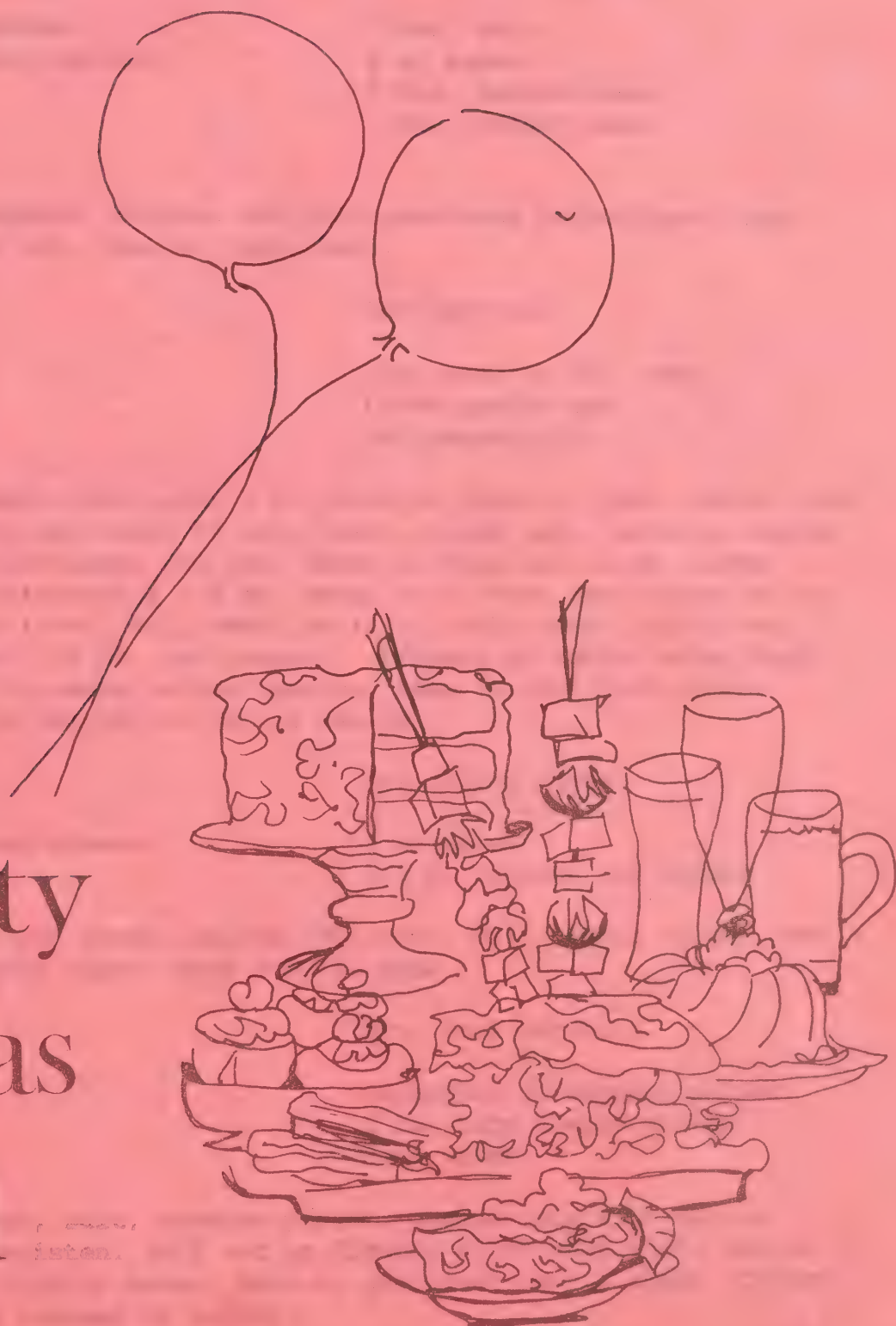
ICING

1 box powdered sugar
1 stick butter
1/4 c. milk

1/3 c. cocoa
1 t. vanilla

Mix well, spread on cake.

Party Ideas and Miscellaneous



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Part
Key
and
Miscellaneous

PEPPER HASH RELISH

Mrs. Wilburn Shouse

12 red sweet peppers
12 green sweet peppers
14 med. white onions

1 qt. vinegar
3 c. white sugar
3 tbs. salt

Select firm peppers, onions, chop and cover with boiling water. Let set 5 mins. Drain cover again with boiling water, let set 10 mins Drain well. Add vinegar, sugar, salt, boil until consistency of relish. Seal in hot jars. Yields 5 pt. This is a very old recipe of my mothers 1 of our favorites.

APPLE RELISH

Mrs. Bowman Warren

24 firm red delicious apples
24 green red, yellow sweet peppers
3 long hot peppers
12 onions
1 qt. vinegar

2 tbs. salt
4 c. sugar
2 tbs. mustard seed
2 tbs. celery seed

Chop or grind apples, peppers, onions. Mix with remaining ingredients. Cook 10 mins. or until boiling hot. Pack in jars, seal.

WILMAS DILL PICKLES

Mrs. Ken Wray

2 c. pickling lime
3 pt. cider vinegar
1 1/2 c. salt uniodized

Dill seed or dill weed
Clove garlic opt.
Hot pepper, opt.

Wash desired amt. cucumbers, drain. Mix 2 c. pickling lime to 2 gal. water. Pour over cucumbers, covering, Let stand 24 hrs. Drain, rinse well, slice or leave sm. ones whole. Soak in ice water 3-4 hrs. Bring to full boil 3 pt. cider vinegar, 1 1/2 c. salt uniodized 4 1/2 qt. water 18 c. Pour over cubes in jar. Add to each jar following 1 tbs. dill seed, or 1/4 t. dill weed, 2-3 slices clove garlic or to taste, 1-2 pc. hot pepper. Process in boiling water bath canner 10 min Let set 2-3 weeks before opening. Keep in cool dark place. Garlic and peppers may be omitted if you so desire.

CHEESIES

Mrs. Alice Kiger

1/2 bl. 8 oz. sharp grated cheese
1 3/4 stick margarine

2 c. flour
1/2 t. cayenne red pepper

Cream margarine, cheese. Add flour, pepper. Mix well. Fill cookie press. Form cookies on ungreased cookie sheet. Bake 400° 10 mins

CHEESE STRAWS

Mrs. Paul Hayworth

2 c. all purpose flour
1/4 lb. butter
1t. salt

Saltspoon of cayenne pepper
1 lb. hoop cheese grated
2 t. water

Into 2 c. flour mix butter, salt, cayenne pepper, cheese. Mix with approx. 2 t. water or enough to moisten. Roll out on floured cloth very thin, cut in strips. Bake 350° until lightly brown. Bake on ungreased cookie sheet. Crisco can be used with success instead of butter.

CHILI CHEESE LOG

Kay Booze

1 3 oz. pkg cream cheese
2 c. 8 oz. sharp process amer. cheese
shredded
1 tbs. lemon juice
1/4 t. garlic powder

Dash red pepper ground
1/4 c. finely chopped pecans
1 t. chili powder
1 t. paprika

Combine soft cheeses, lemon juice, garlic powder, red pepper. Beat with mixer until light, fluffy. Stir in nuts. Shape into roll about 1 1/4" diameter. Sprinkle with chili powder, paprika. Chill. Let stand room temp 10 mins. before serving with crackers.

ICED TEA SYRUP

Mrs. Wilburn Shouse

1 c. tea
2 1/2 c. sugar

1 qt. boiling water

Steep 7 mins. This makes a syrup. Use 2-3 tbs. syrup for glass of tea. Keep in refrigerator until used. Good to have for a large crowd.

TEA PARTY PUNCH

Mrs. Alfred Stultz

Rinds 3 lemons
1 qt. boiling water
1 qt. weak tea sweetened
Juice 3 lemons
1 lg. can frozen orange juice concentrate
1 sm. can frozen limeade concentrate

1 sm. can frozen lemonade concentrate
2 lg. bottles grapefruit drink
1 sm. bottle ginger ale
1 can cocktail cranberry juice
Sugar

Soak lemon rinds in boiling water 10 mins. Cool. Add water to tea. Add remaining ingredients. Sweeten to taste. Yield 6 qt.

STRAWBERRY PRESERVES

Josephine Smith

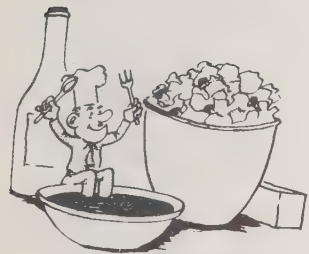
1 qt. strawberries

3 c. sugar

Put 1 1/2 c. sugar with fruit, boil 5 mins. Add remaining sugar, boil 10-15 mins. A watery fruit must be cooked longer. Turn into an earthenware jar and let stand 24 hrs. Stir occasionally. Seal cold in sterilized jars.
P.S. Only 1 qt. must be cooked at a time.



QUANTITY



RECIPES

CALORIE COUNTERS

AND

MISCELLANEOUS INFORMATION



SOME FOOD FACTS TO HELP BEGINNER COOK

Eggs:

1. Eggs are best when cooked at low temperature or slowly. The term hard cooked should be used instead of boiled.

To hard cook eggs, cover with cold water, bring to simmering temperature and cook on low for 10 to 15 minutes. Drain off hot water and cover with cold. In cooking a large quantity of eggs as for Easter, do as above, bring water to boil, set off heat, keep covered. When water is cold, eggs will be firmly cooked. Egg yolks turn dark when cooked too long or cooked at high temperature.

In making custards or pie fillings: Do not add eggs to boiling mixture, but pour some of hot mixture into eggs, stirring while mixture is added. (This partially cooks eggs and they have the thickening property they should.) Add this egg mixture back to the sauce pan which has the boiling mixture.

SOME EQUIVALENTS AND HINTS

1. 3 tb. cocoa=1 square chocolate (if the desired richness is desired, add 1 tb. margarine).

2. To make sour milk from sweet milk, add 1 tb. vinegar or lemon juice to 1 C. sweet milk. Let stand few minutes.

3. To tint coconut. Toss in a little milk or water, add a few drops of food coloring. Drain, dry.

4. Electric range units are so reliable. They can be turned to warm or simmer for cooking things for which you formerly thought you needed a double boiler. Begin your heating on higher temperature, then turn immediately to simmer, stirring as it cooks.

5. To get grated orange and lemon peel, grate before fruit is cut. Rub washed fruit diagonally across grater in long strokes. Peel won't stick to grater.

6. To peel and cut onions hold them under the exhaust fan (turned on) of your range hood; no watering eyes.

7. Corn starch has twice thickening quality of flour. For 1 tb. of corn starch 2 tb. flour are needed.

8. Keep dry bread crumbs frozen for use at a moment's notice. Dry bread ends, trimmings, etc. in a partially opened paper sack. When crisp, run in blender to make crumbs.

9. To peel tomatoes for any use, place in boiling water 1 minute, then place in cold water. Skins will slip off.

10. To freshen crackers or cereal, heat in moderate oven for 3-5 minutes depending on staleness.

11. Washing fruit:

Strawberries: Place in cold water to cover, lift out with hands. Remove caps after washing. (Wash other fruits same way.)

When fruit is to be kept several days in refrigerator, wash only the fruit as it is used.

12. These are given elsewhere, but you might miss them:

(1) To measure solid shortening as 1/2 cup: Fill cup 1/2 full with cold water then put in shortening until water rises to top. All shortening is under water.

(2) To melt chocolate: Put wrapped square on electric range unit turned to simmer or warm with cut side of paper up. Chocolate gets soft and can be poured directly from paper.

To hull fresh coconut: pierce 3 holes in one end, drain out milk. Heat in moderate oven (350°) for 30 minutes. Break shell with hammer. The meat loosens easily from hull. Pare off brown skin.

13. To cook meat—chicken, beef, or pork for use in other dishes as salad, casseroles, etc.:

1. Simmer covered on top of range in small amount of water or amount to have the amount of stock required for recipe. Cook until fork tender. Salt during last part of cooking. If more water is used, keep it for soup, etc.

2. Cook covered in oven, using small amount of water. Oven setting 300° to 350° until tender.

3. May be cooked in pressure cooker. Use directions given with cooker.

A

Calories

Almonds

| | |
|---|-----|
| In shell (1 cup) | 238 |
| Shelled (1/2 cup) | 424 |
| Salted (12 to 15) | 93 |
| Chocolate covered (5 medium or 8 small) | 84 |
| Anchovies, canned (3 small fillets) | 20 |
| Apple butter (1 tablespoon) | 33 |

Apples

| | |
|--|------|
| Raw (1 large) | 117 |
| Raw (1 medium) | 70 |
| Raw (1 small) | 58 |
| Raw (1 cup slices) | 83 |
| Baked (1 large) | 158 |
| Dehydrated (1 pound) | 1606 |
| Dried (1 cup) | 315 |
| Dried, cooked, unsweetened (1 cup) | 201 |
| Dried, cooked, sweetened (1 cup) | 294 |

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|---|----|
| Apples and apricots, canned, strained (1 ounce) | 18 |
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|---|-----|
| Applesauce, canned, unsweetened (1 cup) | 100 |
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|---|-----|
| Applesauce, canned, sweetened (1 cup) | 185 |
|---|-----|

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|--|----|
| Applesauce, canned, strained (1 ounce) | 17 |
|--|----|

Apricots

| | |
|--|-----|
| Fresh (3 medium) | 54 |
| Candied (1 medium) | 101 |
| Canned (1 cup with syrup) | 200 |
| Canned (4 halves, 2 tablespoons syrup) | 97 |
| Canned, water pack (1 cup with liquid) | 80 |
| Canned, low calorie (4 or 5 halves) | 41 |
| Dried (5 small halves) | 49 |
| Frozen (3 ounces) | 70 |

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|--------------------------------------|----|
| Asparagus (1 pound cooked) | 92 |
|--------------------------------------|----|

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|--|----|
| Asparagus (1 cup cut spears) | 38 |
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|--|----|
| Asparagus, canned (6 spears) | 21 |
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|--|----|
| Asparagus, frozen (6 spears) | 21 |
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B

Calories

| | |
|--|----|
| Bacon, broiled or fried (2 strips) | 95 |
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|--------------------------------------|-----|
| Bacon, Canadian (4 ounces) | 262 |
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|---|----|
| Bacon, Canadian, cooked (1 slice) | 57 |
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Bananas

| | |
|----------------------------|-----|
| Fresh (1 large) | 119 |
| Fresh (1 medium) | 85 |

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|--------------------------------|-----|
| Fresh (1 cup slices) | 136 |
|--------------------------------|-----|

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|---|-----|
| Bass, baked or broiled (4 ounces) | 180 |
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Beans

| | |
|--|-----|
| Baked, canned, pork and molasses (1 cup) | 325 |
| Baked, canned, pork and tomato sauce (1 cup) | 295 |
| Green (1 cup cooked) | 25 |
| Green, canned (1 cup, with liquid) | 45 |
| Green, canned, strained (1 ounce) | 6 |
| Kidney, canned (1 cup) | 230 |
| Lima (1 cup cooked) | 152 |
| Lima, canned (1 cup) | 152 |
| Lima, dry (1 cup cooked) | 260 |
| Lima, frozen (3 tablespoons) | 109 |
| Navy, dry (1/2 cup) | 321 |
| Pinto, dry (1/2 cup) | 349 |
| Wax, canned (1 cup) | 27 |

Beef

| | |
|--|-----|
| Boiled (3 ounces) | 185 |
| Braised or pot-roasted (3 ounces) | 340 |
| Braised or pot-roasted, lean only (3 ounces) | 115 |
| Brisket (3 medium slices) | 338 |
| Chuck, cooked (3 ounces, no bone) | 270 |
| Chuck, ground (4 ounces) | 315 |
| Corned, boiled (large slice) | 100 |
| Corned, canned, lean (3 ounces) | 159 |
| Corned, canned, medium-fat (3 ounces) | 182 |
| Dried, chipped (2 ounces) | 115 |
| Dried, chipped, creamed (1/2 cup) | 209 |

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|--|-----|
| Flank (3 ounces, no bone) | 270 |
| Hamburger, regular (3 ounces) | 245 |
| Hamburger, lean (3 ounces) | 185 |
| Plate, braised (4 slices) | 334 |
| Roast, rib (3 ounces) | 266 |
| Roast, with fat (3 ounces) | 245 |
| Roast, lean only (3 ounces) | 110 |
| Round (3 ounces) | 197 |
| Round, ground (4 ounces) | 195 |
| Rump (3 ounces) | 320 |
| Rump, pot-roasted (1 medium slice) | 320 |
| Short ribs (4 ounces) | 485 |
| Steak, club (4 ounces) | 335 |
| Steak, filet mignon (3 ounces) | 248 |
| Steak, flank (4 ounces) | 280 |
| Steak, porterhouse (4 ounces) | 290 |
| Steak, rib (4 ounces) | 315 |
| Steak, round (4 ounces) | 288 |
| Steak, sirloin (4 ounces) | 250 |
| Steak, t-bone (4 ounces) | 295 |
| Steak, tenderloin (4 ounces) | 270 |
| Stew meat, chuck (4 ounces) | 405 |

Beets

| | |
|--------------------------------------|----|
| Raw (1 cup) | 56 |
| Cooked (1 cup) | 68 |
| Canned (1 cup) | 68 |
| Canned, strained (1 ounce) | 10 |
| Pickled (1 cup) | 56 |

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|-------------------------------|-----|
| Biscuits (1 medium) | 129 |
|-------------------------------|-----|

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|------------------------------|----|
| Biscuits (1 small) | 85 |
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Blackberries

| | |
|--|-----|
| Fresh (1 cup) | 80 |
| Canned (1 cup with syrup) | 216 |
| Canned, water pack (1 cup with liquid) | 104 |
| Canned, low calories (1 cup) | 62 |

Blueberries

| | |
|--|-----|
| Fresh (1 cup) | 85 |
| Canned (1 cup with syrup) | 245 |
| Canned, water pack (1 cup with liquid) | 90 |
| Canned, low calorie (1 cup) | 86 |
| Frozen, unsweetened (3 ounces) | 52 |

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|------------------------------------|----|
| Bologna (1/8 inch slice) | 86 |
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|---|---|
| Bouillon cube, beef or chicken (1 cube) | 2 |
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| Brains, all kinds (3 ounces) | 106 |
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|----------------------------------|----|
| Brazil nuts (1 medium) | 26 |
|----------------------------------|----|

Breads

| | |
|---|-----|
| Boston brown (3/4 inch slice) | 105 |
| Brown nut (1 slice) | 100 |
| Cinnamon (1 slice) | 130 |
| Corn (1 piece) | 130 |
| Cracked wheat (1 slice) | 60 |
| French (1 small slice) | 54 |
| Graham (1 slice) | 55 |
| Italian (1 small slice) | 60 |
| Pumpernickel (1 slice) | 75 |
| Raisin (1 slice) | 80 |
| Roman meal (1 slice) | 69 |
| Rye, light (1 slice) | 55 |
| Rye, dark (1 slice) | 71 |
| Rye, party sliced (1 slice) | 37 |
| Short (1 piece) | 81 |
| Spoon (1 serving) | 199 |
| Vienna (1 small slice) | 54 |
| White (1 slice) | 60 |
| Whole wheat (1 slice) | 55 |
| Whole wheat, raisin (1 slice) | 60 |

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|------------------------------|----|
| Broccoli (1 stalk) | 29 |
|------------------------------|----|

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|---|----|
| Broccoli, frozen (3 1/2 ounces) | 23 |
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| Brussels sprouts (1 cup cooked) | 60 |
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| Brussels sprouts, frozen (3 1/2 ounces) | 47 |
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|---------------------------------|-----|
| Butter (1 tablespoon) | 100 |
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| Butter (1 pat) | 50 |
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|---|-----|
| Butter, sweet (1 tablespoon) | 100 |
| Butterfish, baked or broiled (3 ounces) | 176 |
| Butterfish, fried (6 1/4 inch fish) | 211 |
| Buttermilk (1 cup) | 86 |
| Butternuts (4 or 5) | 96 |

C

| | Calories |
|--|----------|
| Cabbage (1 cup shredded) | 24 |
| Cabbage (1 cup cooked) | 40 |
| Cakes | |
| Angel food (small slice) | 110 |
| Butter, plain (1 square) | 130 |
| Butter, iced (1 square) | 320 |
| Cheesecake (1 piece) | 275 |
| Chocolate, iced (1 piece) | 190 |
| Chocolate layer cake (1 piece) | 356 |
| Coconut, iced (1 piece) | 258 |
| Cup, iced (1) | 161 |
| Gingerbread (1 square) | 180 |
| Jelly roll (1 slice) | 150 |
| Layer, 2 layers (1 piece) | 345 |
| Pineapple upside-down (1 piece) | 450 |
| Pound (1 slice) | 130 |
| Sponge (1 piece) | 117 |
| Candies | |
| Almond Joy (10¢ size) | 218 |
| Caramel (1 medium) | 42 |
| Chocolate, milk (1 ounce) | 155 |
| Chocolate bar (2 ounce bar) | 270 |
| Chocolate cream (1 medium) | 51 |
| Chocolate fudge (1 ounce) | 118 |
| Chocolate kisses (1) | 21 |
| Clark bar (5¢ bar) | 133 |
| Divinity (1 square) | 100 |
| Fudge, with nuts (1 ounce) | 122 |
| Gumdrops (1 large or 8 small) | 33 |
| Hershey milk chocolate (5¢ bar) | 115 |
| Jelly Beans (10) | 66 |
| Lemon drops (1) | 15 |
| Licorice rope twist (7 1/2 inches) | 37 |
| Lifesavers, mint (1 roll) | 90 |
| Mars Milky Way (1 bar) | 138 |
| Marshmallow (1) | 25 |
| Mounds (10¢ bar) | 238 |
| Orange Drops (1) | 15 |
| Peanut brittle (1 ounce) | 125 |
| Cantaloupe (1/2 melon) | 37 |
| Carrots | |
| Raw (1) | 21 |
| Cooked (1 cup diced) | 44 |
| Frozen (3 1/2 ounces) | 25 |
| Cashew nuts (6 to 8) | 88 |
| Catfish (3 ounces) | 168 |
| Catsup (1 tablespoon) | 15 |
| Cauliflower (1 cup cooked) | 30 |
| Celery (1 large stalk) | 5 |
| Cereals | |
| Bran flakes (1 cup) | 117 |
| Cheerios (1 1/8 cups) | 104 |
| Corn flakes (1 cup) | 96 |
| Cream of Wheat, cooked (1 cup) | 120 |
| Kellogg's Special "K" (1 cup) | 70 |
| Shredded wheat (1 ounce biscuit) | 100 |
| Cheese | |
| American (1 ounce) | 115 |
| Cheddar, processed (1 ounce) | 105 |
| Cottage (1 cup) | 215 |
| Cream (1 tablespoon) | 56 |
| Parmesan, grated (1 tablespoon) | 30 |
| Roquefort (1 ounce) | 105 |
| Swiss, natural (1 ounce) | 105 |
| Swiss, processed (1 ounce) | 101 |
| Velveeta (1 ounce) | 90 |

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|---|-----|
| Cherries | |
| Canned, red sour (1 cup) | 120 |
| Maraschino (1) | 20 |
| Chicken | |
| Boiled (4 ounces) | 75 |
| Broiler (3 ounces, broiled) | 115 |
| Fryer (small leg, fried) | 64 |
| Stewing (1/2 breast or 1 thigh, stewed) | 207 |
| Chicken a la king (1/2 cup) | 230 |
| Chili con carne (1 cup with beans) | 291 |
| Cocoa, all milk (1 cup) | 235 |
| Codfish (4 ounces) | 84 |
| Coffee, black | 0 |
| Coffee with 1 tablespoon light cream | 30 |
| Coffee with 1 teaspoon sugar | 16 |
| Cookies | |
| Animal Crackers (1) | 9 |
| Butter (1) | 42 |
| Chocolate (1) | 50 |
| Chocolate chip (1) | 75 |
| Gingersnap (1 large) | 50 |
| Graham cracker (1) | 28 |
| Oatmeal (1 large) | 114 |
| Oreo Creme Sandwich (1) | 57 |
| Vanilla wafer (1) | 25 |
| Corn (1 ear) | 85 |
| Corn, canned (1 cup with liquid) | 170 |
| Corn, frozen (3 1/2 ounces) | 77 |
| Crackers | |
| Ritz (1) | 15 |
| Rye wafer (1) | 25 |
| Ry-Krisp (1 double square) | 20 |
| Saltine (1) | 17 |
| Soda (1) | 23 |
| Cream | |
| Light (1 tablespoon) | 30 |
| Heavy (1 tablespoon) | 50 |
| Whipped (1 tablespoon) | 25 |
| Croquettes, Chicken (1 medium) | 175 |
| Croquettes, fish (1 medium) | 125 |
| Croquettes, potato (1 medium) | 171 |
| CROUTONS (1/2 inch cube) | 5 |
| Cucumbers (1 medium) | 25 |
| Cucumbers (6 slices) | 6 |
| Currants (1 cup) | 60 |
| Currants, cooked, sweetened (1 cup) | 125 |

D

| | Calories |
|---------------------------------------|----------|
| Deviled meat (1 tablespoon) | 50 |
| Doughnuts | |
| Cake, plain (1) | 135 |
| Raised or yeast (1) | 121 |

E

| | Calories |
|--|----------|
| Eggs | |
| Boiled (1 medium) | 77 |
| Deviled (2 halves) | 135 |
| Fried (1 medium) | 110 |
| Hard-cooked (1 medium) | 77 |
| Scrambled, with milk (1) | 106 |
| Endive (1 pound) | 90 |
| Endive (15 to 20 inner leaves) | 10 |
| Escarole (1 pound) | 90 |
| Escarole (7 small leaves) | 4 |

F

Calories

| | |
|---|-----|
| Fish, creamed (1/2 cup) | 200 |
| Fish cakes (1) | 153 |
| Fish Sticks, frozen (4 ounces) | 200 |
| Frankfurters (1, about 1.8 ounces) | 155 |
| French toast (1 piece) | 135 |
| Fruit cocktail (1 cup) | 112 |
| Fruit cocktail, canned (1 cup with syrup) | 175 |
| Fruit cocktail, canned, low calorie (1 cup) | 72 |
| Fruits for salad, canned (3 tablespoons) | 155 |
| Fruits for salad, canned, low calorie (1 cup) | 74 |

G

Calories

| | |
|--|-----|
| Gelatin, plain (1 tablespoon) | 34 |
| Gelatin, fruit flavors, prepared (1/2 cup) | 78 |
| Goulash, Hungarian (1/2 cup) | 165 |
| Grapefruit | |
| Fresh (1/2 medium) | 75 |
| Fresh, pink (1/2 medium) | 55 |
| Grapes | |
| Fresh, American type (1 cup) | 70 |
| (Concord, Delaware, Niagara) | |
| Gravy (3 tablespoons) | 100 |
| Gum, chewing (1 stick) | 25 |

H

Calories

| | |
|--|-----|
| Haddock, baked (1 fillet) | 158 |
| Halibut, broiled (4-ounce steak) | 207 |
| Ham | |
| Baked (1 slice) | 100 |
| Boiled (2 ounces) | 172 |
| Canned, deviled (1 tablespoon) | 94 |
| Smoked, cooked (3 ounces, no bone) | 339 |
| Hash, beef (1 cup) | 290 |
| Hickory nuts (15 small) | 101 |
| Honeydew melon (1 wedge) | 49 |
| Horseradish (1 tablespoon) | 5 |
| Huckleberries (1 cup) | 85 |

I

Calories

| | |
|--|------|
| Ice cream cone (cone alone) | 45 |
| Ice cream | |
| Plain, vanilla (1/4 pint) | 150 |
| Chocolate (1/4 pint) | 200 |
| Strawberry (1/4 pint) | 185 |
| Ice cream soda | |
| Chocolate, vanilla ice cream (8-oz.) | 355 |
| Chocolate, chocolate ice cream (8-oz.) | 385 |
| Vanilla, vanilla ice cream (8-oz.) | 355 |
| Ice cream sundaes | |
| Banana split | 1165 |
| Butterscotch | 410 |
| Chocolate (vanilla ice cream) | 400 |

J

Calories

| | |
|---|----|
| Jams, jellies | |
| Blackberry jam (1 tablespoon) | 55 |
| Blackberry jelly (1 tablespoon) | 50 |
| Grape jelly (1 tablespoon) | 54 |
| Preserves (1 tablespoon) | 55 |
| Strawberry jam (1 tablespoon) | 55 |

Juices

| | |
|---|-----|
| Apple, fresh or canned (1 cup) | 125 |
| Apricot nectar (1 cup) | 135 |
| Blackberry (1 cup) | 77 |
| Grape (1 cup) | 165 |
| Grapefruit (1 cup) | 85 |
| Orange, canned, unsweetened (1 cup) | 110 |
| Orange, frozen, diluted (1 cup) | 105 |
| Prune, canned (1 cup) | 170 |
| Tomato, canned (1 cup) | 50 |
| V-8 (1 cup) | 98 |

L

Calories

Lamb

| | |
|---|-----|
| Breast, stewed (1 serving) | 274 |
| Chops, cooked, lean only (2.4 ounces) | 130 |
| Roast, leg, lean only (2.3 ounces) | 120 |

Lemon

| | |
|---|----|
| (1 medium) | 20 |
| Lemonade, frozen, diluted (1 cup) | 75 |
| Lettuce (4 small leaves) | 5 |
| Limeade, frozen, diluted (1 cup) | 75 |

Liver

| | |
|---------------------------------|-----|
| Beef (2 ounces fried) | 118 |
| Calves' (3 ounces) | 120 |
| Pork (3 ounces) | 114 |

Lobster

| | |
|--------------------------------------|-----|
| Fresh (3/4 pound lobster) | 88 |
| Baked or broiled (average) | 308 |

M

Calories

| | |
|--|-----|
| Macaroni, cooked till tender (1 cup) | 155 |
| Macaroni and cheese (1 cup) | 475 |
| Margarine (1 tablespoon) | 100 |
| Meat loaf, beef-pork (1 slice) | 264 |

Milk

| | |
|---------------------------------|-----|
| Whole (1 cup) | 165 |
| Skim, nonfat (1 cup) | 87 |
| Buttermilk (1 cup) | 86 |
| Half and half (1 cup) | 330 |

| | |
|---|-----|
| Milkshake, with ice cream (10 ounces) | 385 |
|---|-----|

Muffins

| | |
|------------------------------|-----|
| Bran (1 medium) | 106 |
| Corn (1 medium) | 106 |
| English (1 medium) | 125 |
| White (1 medium) | 120 |

O

Calories

| | |
|---|----|
| Olives, green, stuffed (3 medium) | 35 |
| Olives, ripe or black (10 large) | 85 |

Onions

| | |
|--------------------------------------|-----|
| Raw (1 tablespoon chopped) | 4 |
| French fried (20 rings) | 150 |
| Green (6 small) | 25 |
| Orange, fresh (1 medium) | 70 |

| | |
|--|-----|
| Oyster stew, with milk (1 cup) | 209 |
|--|-----|

Oysters

| | |
|------------------------------------|-----|
| Raw (1 cup, about 13-19) | 160 |
| Raw, Bluepoint (6 to 9) | 100 |
| Fried (6) | 300 |

P

Calories

| | |
|--|-----|
| Pastries | |
| Cream puff (1) | 296 |
| Eclair, chocolate, custard (1) | 250 |
| Tart (1) | 150 |
| Peaches | |
| Fresh (1 medium) | 35 |
| Canned (2 halves with 2 tablespoons syrup) | 79 |
| Canned, low calorie (1 cup) | 54 |
| Peanut butter (1 tablespoon) | 90 |
| Peanuts, Spanish (1/4 cup) | 240 |
| Pears | |
| Fresh (1) | 95 |
| Canned (2 halves with 2 tablespoons syrup) | 79 |
| Canned, low calorie (2 halves) | 33 |
| Peas | |
| Fresh (1 cup cooked) | 110 |
| Canned (1 cup with liquid) | 170 |
| Frozen (1/2 cup) | 75 |
| Pecans (6 whole) | 104 |
| Peppers, green, stuffed (1 medium) | 175 |
| Pickles, dill (1 large) | 15 |
| Pickles, sweet (1 medium) | 20 |
| Pies | |
| Apple (1 piece) | 331 |
| Apricot (1 piece) | 328 |
| Banana Cream (1 piece) | 260 |
| Berry (1 piece) | 340 |
| Cherry (1 piece) | 340 |
| Chocolate meringue (1 piece) | 275 |
| Custard (1 piece) | 266 |
| Lemon meringue (1 piece) | 302 |
| Mincemeat (1 piece) | 341 |
| Peach (1 piece) | 330 |
| Pecan (1 piece) | 479 |
| Pineapple cream (1 piece) | 350 |
| Pumpkin (1 piece) | 265 |
| Strawberry cream (1 piece) | 350 |
| Pineapple | |
| Fresh (1 slice) | 44 |
| Canned (1 cup crushed) | 205 |
| Canned, low calorie (1/2 cup) | 48 |
| Popcorn, no butter (1 cup) | 54 |
| Pork | |
| Chops, lean only (1.6 ounces) | 120 |
| Roast, lean only (2.2 ounces) | 160 |
| Shoulder (1 slice) | 160 |
| Spareribs (3 medium ribs) | 123 |
| Tenderloin (3 1/2 ounces) | 239 |
| Potato Chips (8 to 10) | 110 |
| Potatoes | |
| Baked (1 medium) | 97 |
| Boiled (1 medium) | 97 |
| Creamed (1/2 cup) | 116 |
| French fried (8 pieces) | 157 |
| Fried (1 cup) | 479 |
| Hash browned (1 cup) | 470 |
| Mashed, with milk, butter (1 cup) | 230 |
| Puddings | |
| Apple dumpling (1) | 345 |
| Banana custard (1/2 cup) | 125 |
| Bread (1/2 cup) | 150 |
| Chocolate (1/2 cup) | 175 |
| Custard (1/2 cup) | 140 |
| Vanilla (1/2 cup) | 138 |

R

Calories

| | |
|----------------------------|-----|
| Radishes (4 small) | 10 |
| Rice, white (1 cup cooked) | 170 |

Rolls

| | |
|------------------|-----|
| Hamburger (1) | 150 |
| Hard (1) | 160 |
| Frankfurter (1) | 160 |
| French (1) | 100 |
| Parker House (1) | 125 |
| Plain (1) | 118 |
| Sweet (1) | 178 |
| Whole wheat (1) | 98 |

S

Calories

Salad dressings

| | |
|---|-----|
| Bacon-vinegar (1 tablespoon) | 29 |
| Commercial, mayonnaise type (1 tablespoon) | 58 |
| French, commercial (1 tablespoon) | 60 |
| Mayonnaise (1 tablespoon) | 110 |
| Vinegar and oil, equal parts (1 tablespoon) | 63 |

Salads

| | |
|--|-----|
| Cole slaw (1 cup) | 102 |
| Eggs, deviled | 148 |
| Fruit, fresh (3 tablespoons) | 160 |
| Gelatin, with fruit (1 square) | 139 |
| Gelatin, with vegetables (1 square) | 115 |
| Lettuce and tomatoes | 35 |
| Potato, with onions (1/2 cup) | 184 |
| Mixed greens, with French dressing (1/2 cup) | 50 |

Sandwiches

| | |
|----------------------------|-----|
| Bacon-egg (1) | 350 |
| Bacon-tomato-lettuce (1) | 305 |
| Barbecue beef (1) | 260 |
| Barbecue pork (1) | 310 |
| Bologna (1) | 360 |
| Cheese, Cheddar (1) | 300 |
| Cheese, Swiss (1) | 300 |
| Cheeseburger (1) | 460 |
| Egg, fried (1) | 285 |
| Egg salad (1) | 300 |
| Frankfurter (1) | 254 |
| Ham, boiled or baked (1) | 350 |
| Ham salad (1) | 474 |
| Hamburger (1) | 360 |
| Luncheon meat (1) | 385 |
| Meat loaf (1) | 430 |
| Peanut butter (1) | 328 |
| Roast beef (1) | 310 |
| Roast beef with gravy (1) | 400 |
| Roast pork (1) | 414 |
| Roast pork with gravy (1) | 500 |
| Salami (1) | 360 |
| Steak (1) | 430 |
| Tuna salad (1) | 330 |
| Turkey (1) | 350 |
| Sauerkraut (1 cup drained) | 30 |

Soft drinks

| | |
|-----------------------|-----|
| Coca-Cola (8 ounces) | 107 |
| Grape (8 ounces) | 107 |
| Orange (8 ounces) | 95 |
| Pepsi Cola (8 ounces) | 107 |
| Root beer (8 ounces) | 107 |

Soups

| | |
|-------------------------|-----|
| Beef (1 cup) | 100 |
| Bouillon (1 cup) | 10 |
| Chicken, noodle (1 cup) | 100 |
| Mushroom, cream (1 cup) | 200 |
| Onion (1 cup) | 64 |
| Potato (1 cup) | 185 |

Spaghetti

| | |
|---|-----|
| Cooked, with meat sauce (1 cup) | 350 |
| Cooked, with meat balls (1 cup, 2 meat balls) | 550 |

| | |
|---|-----|
| Spinach | |
| Raw (4 ounces) | 22 |
| Cooked (1 cup) | 45 |
| Canned (1 cup) | 46 |
| Canned, strained, creamed (1 ounce) | 10 |
| Stew | |
| Beef and vegetable (1 cup) | 252 |
| Rabbit (1 cup) | 420 |
| Veal and vegetables (1 cup) | 242 |
| Strawberries, fresh (1 cup) | 54 |
| Stuffing, bread (1/2 cup) | 233 |
| Sugar | |
| Beet (1 tablespoon) | 48 |
| Brown (1 tablespoon) | 51 |
| Confectioners (1 tablespoon) | 31 |
| Granulated (1 tablespoon) | 48 |
| Granulated (1 teaspoon) | 16 |
| Swiss steak (1 serving) | 470 |
| Syrups | |
| Chocolate (1 tablespoon) | 40 |
| Corn (1 tablespoon) | 57 |
| Honey (1 tablespoon) | 60 |
| Maple (1 tablespoon) | 50 |
| Molasses, light (1 tablespoon) | 50 |
| Molasses, medium (1 tablespoon) | 46 |

T

| | |
|-----------------------------|----------|
| | Calories |
| Tea (1 cup) | 0 |
| Tomatoes | |
| Fresh (1 medium) | 30 |
| Canned (1 cup) | 45 |
| Stewed (1 cup) | 50 |
| Turkey | |
| Roasted (1 slice) | 100 |

W

| | |
|---|----------|
| | Calories |
| Waffles (1 medium) | 216 |
| Walnuts, black (8 to 10 halves) | 100 |
| Walnuts, English (1 tablespoon chopped) | 49 |
| Watermelon (1 wedge) | 120 |
| White fish, steamed (4 ounces) | 115 |
| White fish, smoked (4 ounces) | 180 |

What You Should Weigh

| HEIGHTS | | | | SMALL FRAME | MEDIUM FRAME | LARGE FRAME | HEIGHT | SMALL FRAME | MEDIUM FRAME | LARGE FRAME |
|----------------------------|--------------|---------|---------|----------------|-----------------|----------------|----------------------------|----------------|-----------------|----------------|
| (with shoes - 1-in. heels) | | | | | | | (with shoes - 2-in. heels) | | | |
| MEN | 5 ft. 4 in. | 118-126 | 124-136 | 132-148 | 4 ft. 11 in. | 94-101 | 98-110 | 106-122 | | |
| | 5 ft. 5 in. | 121-129 | 127-139 | 135-152 | 5 ft. 0 in. | 96-104 | 101-113 | 109-125 | | |
| | 5 ft. 6 in. | 124-133 | 130-143 | 138-156 | 5 ft. 1 in. | 99-107 | 104-116 | 112-128 | | |
| | 5 ft. 7 in. | 128-137 | 134-147 | 142-161 | 5 ft. 2 in. | 102-110 | 107-119 | 115-131 | | |
| | 5 ft. 8 in. | 132-141 | 138-152 | 147-166 | 5 ft. 3 in. | 105-113 | 110-122 | 118-134 | | |
| | 5 ft. 9 in. | 136-145 | 142-156 | 151-170 | 5 ft. 4 in. | 108-116 | 113-126 | 121-138 | | |
| | 5 ft. 10 in. | 140-150 | 146-160 | 155-174 | 5 ft. 5 in. | 111-119 | 116-130 | 125-142 | | |
| | 5 ft. 11 in. | 144-154 | 150-165 | 159-179 | 5 ft. 6 in. | 114-123 | 120-135 | 129-146 | | |
| | 6 ft. 0 in. | 148-158 | 154-170 | 164-184 | 5 ft. 7 in. | 118-127 | 124-139 | 133-150 | | |
| | 6 ft. 1 in. | 152-162 | 158-175 | 168-189 | 5 ft. 8 in. | 122-131 | 128-143 | 137-154 | | |
| | 6 ft. 2 in. | 156-167 | 162-180 | 173-194 | 5 ft. 9 in. | 126-135 | 132-147 | 141-158 | | |
| | 6 ft. 3 in. | 160-171 | 167-185 | 178-199 | 5 ft. 10 in. | 130-140 | 136-151 | 145-163 | | |
| 6 ft. 4 in. | 164-175 | 172-190 | 182-204 | 5 ft. 11 in. | 134-144 | 140-155 | 149-168 | | | |
| WOMEN | 5 ft. 4 in. | 118-126 | 124-136 | 132-148 | 4 ft. 11 in. | 94-101 | 98-110 | 106-122 | | |
| | 5 ft. 5 in. | 121-129 | 127-139 | 135-152 | 5 ft. 0 in. | 96-104 | 101-113 | 109-125 | | |
| | 5 ft. 6 in. | 124-133 | 130-143 | 138-156 | 5 ft. 1 in. | 99-107 | 104-116 | 112-128 | | |
| | 5 ft. 7 in. | 128-137 | 134-147 | 142-161 | 5 ft. 2 in. | 102-110 | 107-119 | 115-131 | | |
| | 5 ft. 8 in. | 132-141 | 138-152 | 147-166 | 5 ft. 3 in. | 105-113 | 110-122 | 118-134 | | |
| | 5 ft. 9 in. | 136-145 | 142-156 | 151-170 | 5 ft. 4 in. | 108-116 | 113-126 | 121-138 | | |
| | 5 ft. 10 in. | 140-150 | 146-160 | 155-174 | 5 ft. 5 in. | 111-119 | 116-130 | 125-142 | | |
| | 5 ft. 11 in. | 144-154 | 150-165 | 159-179 | 5 ft. 6 in. | 114-123 | 120-135 | 129-146 | | |
| | 6 ft. 0 in. | 148-158 | 154-170 | 164-184 | 5 ft. 7 in. | 118-127 | 124-139 | 133-150 | | |
| | 6 ft. 1 in. | 152-162 | 158-175 | 168-189 | 5 ft. 8 in. | 122-131 | 128-143 | 137-154 | | |
| | 6 ft. 2 in. | 156-167 | 162-180 | 173-194 | 5 ft. 9 in. | 126-135 | 132-147 | 141-158 | | |
| | 6 ft. 3 in. | 160-171 | 167-185 | 178-199 | 5 ft. 10 in. | 130-140 | 136-151 | 145-163 | | |
| 6 ft. 4 in. | 164-175 | 172-190 | 182-204 | 5 ft. 11 in. | 134-144 | 140-155 | 149-168 | | | |

Prepared by the Metropolitan Life Insurance Co. from data of the Build and Blood Pressure Study, 1959, Society of Actuaries.

For girls 18-25, subtract 1 pound for each year under 25

Counting Your Calories

Calories are merely units of energy found in all foods. If you eat more calories than your body can use in its normal, daily activity, the excess is stored as fat --- and it's this storehouse we're after.

Most people leading moderately active lives need 15 calories per pound to maintain their desired weight. So if you want to stay, say, at 150 pounds, you can consume foods containing no more than 2,250 calories each day.

$$150 \times 15 = 2,250$$

LOSING POUNDS - HOW MANY AND HOW FAST

There are approximately 3,500 calories in each stored pound of fat. So to lose one pound a week, consume 500 fewer calories each day than if you were already at your desired weight. Figure it this way....

$$\begin{array}{r} 150 \text{ pounds desired weight} \\ \times 15 \\ \hline 2,250 \text{ calories needed to maintain desired weight} \\ -500 \text{ calories daily to lose one pound per week} \\ \hline 1,750 \text{ maximum daily calories} \end{array}$$

Or, if you want to lose two pounds each week....

$$\begin{array}{r} 150 \\ \times 15 \\ \hline 2,250 \\ -1,000 \\ \hline 1,250 \text{ maximum daily calories to lose 2 pounds per week} \end{array}$$

It is usually unwise to try to lose more than two pounds per week because a rapid weight loss may leave you tired, grumpy, and vulnerable to illness. If you are more than 10 pounds overweight, see your family doctor before launching any do-it-yourself diet. Many heavy people have unsuspected illness and it would be foolhardy to complicate an already serious condition by depriving your body of the nutrition it needs when under attack by disease.

ABBREVIATIONS

| | |
|----------|------------|
| tsp..... | teaspoon |
| T..... | tablespoon |
| lb..... | pound |
| oz..... | ounce |
| qt..... | quart |
| pt..... | pint |
| min..... | minutes |
| sm..... | small |
| lg..... | large |
| ext..... | extract |
| pkg..... | package |
| med..... | medium |

Unless otherwise stated, all measurements are level.

| MEAT | OVEN TEMPERATURE | THERMOMETER MARKING (on removal from oven) |
|------------------------|---------------------|---|
| Beef, filet | 500° | 120° |
| Beef, rare | 325° | 120° (very rare) to 130° |
| Beef, medium | 325° | 140° |
| Beef, well | 325° | 150° |
| Lamb, rack of, rare | 425° | 120° |
| Lamb, rare | 325° | 130° to 135° |
| Lamb, medium | 325° | 140° to 150° |
| Lamb, well | 325° | 150° to 160° |
| Veal | 325° | 150° to 160° |
| Fresh pork or ham | 325° | 170° to 175° (tem- perature must be over 155° to kill trichinae which may lurk in un- derdone pork) |
| Chicken | 350° to 400° | 180° (in thigh) |
| Turkey | 325° | 180° |
| Duck | 325° | 180° |
| Goose | 325° | 180° |

BAKING

When baking a milk pudding, place the dish in a tin of water in the oven. This prevents the pudding from burning or boiling over.

Temperature for Baking: Slow oven, 250 to 325 degrees: Moderate Oven, 350 to 375 degrees: Hot Oven, 400 to 450 degrees: Very Hot Oven, 450 to 500 degrees.

Doughnuts or small cakes can be sugared evenly by tossing in a paper bag with sugar.

When baking fruit pies, cut holes in the upper crust with a thimble, place crust on pie. The holes will become larger, then place the little round circles back in place. Makes pies very decorative and serves for the steam and juice openings.

For a nice meringue on pie, add 1 tablespoon sugar to every egg white, add a little cream of tartar and bake in slow heat, about 250 degrees for about 15 minutes.

Add plain gelatin to boiled icing to increase bulk and to make it stand in peaks and swirls. Dissolve the gelatin in 2 tablespoons cold water and add to hot syrup before removing from the fire.

Brush the bottom crust of meat pie, with the white of an egg to prevent the gravy soaking in.

When making a cake always add 2 tablespoons of boiling water to the butter and sugar mixture. This makes a fine textured cake.

Make your two crust pies the night before you need them. Put in refrigerator overnight. In the morning take from refrigerator, let pie warm to room temperature, if in glassware, so the glass won't break. Bake as usual.

To keep cookies fresh and crisp in the jar, place a crumpled tissue paper in the bottom.

Creaming Butter and Sugar: In creaming butter and sugar for a cake, a little hot milk added will aid in the creaming process.

Shortly before taking cup cakes from the oven, place a marshmallow on each for the frosting.

Try a little cream of tartar in your 7 minute icing. It will not get dry and crack.

To keep boiled syrup from crystallizing, add a pinch of baking soda.

Put cream or milk on top of two crust pies for a nice brown pie.

When you are making pies and are not in a hurry, prepare for the time when you will be by blending a larger quantity of flour and lard and salt, leave it crumble and set it away in a closed container in the icebox. As you need it, add the water to the needed quantity and you have your pie crust. This will keep as long as the lard would unmixed.

For a variation, try adding nut meats, chopped bits of preserves or chocolate "tid bits" to your Angle Food Cake. Mix with the flour and fold in as usual.

To cut a pie in fifths, make a "v" shaped cut that you think is a fifth. Then make a straight cut from the center of the "v" starting at the point of the "v" and cutting over to the edge of the pie. Then divide the remaining two sections in half.

TO QUICK-FREEZE VEGETABLES

Vegetables for freezing are prepared as for cooking, then blanched (scalded) and packed dry, or with the brine. The dry pack is less trouble and is satisfactory for all vegetables except green peppers.

Blanching vegetables is important because it minimizes loss of flavor and color. To blanch in boiling water, put about one pound of vegetables in a fine-mesh wire basket with a wire cover to hold food under the water and lower into rapidly boiling water (enough to cover food). Cover the kettle and then COUNT THE TIME RECOMMENDED FOR EACH vegetable. After blanching, chill quickly and thoroughly, plunge the vegetables into ice water, or hold under cold running water. When completely chilled, remove and drain, and PACK AT ONCE.

| VEGETABLE | HOW PREPARED | BLANCHING |
|---|--|--|
| Asparagus | Wash, cut, sort into groups according to thickness of stalk. Blanch, chill, pack. | 3 to 4 minutes in boiling water, depending on size. |
| Beans, Green and Wax | Wash, stem, slice, cut or leave whole. Blanch, chill pack. | Cut: 2 minutes in boiling water. Whole: 2½ min. in boiling water. |
| Beans, Lima | Shell, wash, blanch, chill. Remove white beans, which may be used for cooking. Pack. | 1 to 2 minutes in boiling water, depending on size. |
| Carrots | Remove tops, wash, scrape. Slice lengthwise or crosswise as preferred, or leave small carrots whole. | Whole: 4½ min. boiling water. Sliced: 3 minutes in boiling water. |
| Cauliflower | Break heads into flowerets about 1 inch across. Wash, blanch, chill, pack. | 3 to 4 minutes in boiling water. |
| Corn, on cob | Husk, trim away silk and spots. Wash, blanch, chill, pack. | 7 minutes in boiling water for slender ears. 9 for medium, 11 for large. |
| Corn, Kernels | Same as corn on cob. After chilling, cut off kernels and pack. | |
| Greens. Beet, Chard, Kale Mustard, Spinach, Collards, Etc. | Wash, discard bad leaves, tough stems. Blanch, chill, pack. | 2 minutes in boiling water. |
| Peas | Shell, sort, blanch, chill, pack. | 1 to 2 minutes in boiling water, depending on size. |
| Peppers, Green | Wash, cut away seeds, slice. Blanch, pack in brine of 1 tsp. salt to 1 c. cold water. | 3 minutes in boiling water. |

TO QUICK-FREEZE FRUITS

Select only well-ripened, high-quality fruits. Be sure to wash thoroughly. Cleanliness is ESSENTIAL. Fruit that has been thawed should never be re-frozen. Follow directions for specific fruits. Apples and peaches should be pared, sorted, washed, halved or sliced. Slice or pit other fruits. Cherries may be pitted or left whole. Strawberries may be left whole or sliced.

To prevent darkening of light-colored fruits an addition of small quantities of ascorbic acid is recommended for apples, peaches, apricots and plums. Ascorbic acid is the scientific name for Vitamin C. Sweeten each fruit. Although some fruits may be packed without sugar, the practice is not recommended. Careful packaging is necessary to prevent oxidation and drying out during storage. Be sure to freeze quickly.

| FRUIT | HOW PREPARED | HOW SWEETENED |
|------------------------------------|---|--|
| Apples | Pare, core, slice into uniform sections, scald in hot syrup 180 degrees F. for 3 minutes. Chill before packing. | Dry Pack: 1 c. sugar to 5 c. fruit plus ascorbic acid / or (40% syrup) |
| Blackberries | Sort, wash gently | Dry Pack: 1 c. sugar to 4 or 5 c. fruit / or (50 to 60% syrup) |
| Cherries, Sour | Sort, wash, drain, pit or leave whole. | Dry Pack: 1 c. sugar to 5 c. fruit |
| Cherries, Sweet | Sort, wash, drain, pit or leave whole. | Dry Pack: 1 c. sugar to 5 c. fruit plus ascorbic acid / or (40 to 50% syrup) |
| Cranberries | Sort, wash | Dry Pack: 1 c. sugar to 6 c. fruit or cooked in a 50 to 60% syrup. |
| Gooseberries | Sort, wash, drain. May be used whole, crushed or sieved for juice. | Dry Pack: 1 c. sugar to 5 c. fruit / or 40% syrup. |
| Peaches (Freestone) and Nectarines | Sort, pare, pit halve or slice directly into syrup | 50 to 60% syrup plus ascorbic acid |
| Pineapple | Pare, cut into small sections | Dry Pack: 1 c. sugar to 4 c. fruit / or 50 to 60% syrup plus ascorbic acid. |
| Plums, Prunes | Sort, wash, halve, pit | Dry Pack: 1 c. sugar to 5 c. fruit plus ascorbic acid / or 50 to 60 % syrup |
| Raspberries | Sort, do not wash unless necessary. | Dry Pack: 1 c. sugar to 6 c. fruit / or 40% syrup |
| Strawberries | Wash, sort, hull. Slice or leave whole. | Dry Pack: 1 c. sugar to 5 c. fruit. Juice must cover berries |

CANDY

TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer and the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes.

| TYPE OF CANDY | THERMOMETER | COLD WATER |
|--------------------|-------------|-------------|
| Fondant, Fudge | 234-238 | Soft ball |
| Divinity, Caramels | 245-248 | Firm ball |
| Taffy | 265-270 | Hard ball |
| Butterscotch | 275-280 | Light crack |
| Peanut Brittle | 285-290 | Hard crack |
| Caramelized Sugar | 310-321 | Caramelized |

In using the cold water test use a fresh cupful of cold water for each test. When testing remove the candy from the fire and pour about $\frac{1}{2}$ teaspoon into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the soft ball test the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the firm ball test the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from the water.

In the hard ball test the candy will roll into a hard ball which has lost almost all elasticity and will roll around on a plate on removal from the water.

When making fudge or frosting add $\frac{1}{4}$ teaspoon cream of tartar before removing from the fire. This will keep your candy from getting hard.

CANNING

When making jelly and jam hang a piece of string over the edges of the glass before pouring in paraffin. This makes it easier to remove paraffin when opened for table use.

A vegetable brush is just the thing to remove scum from jelly or soup. Try it.

APPLE BUTTER

(A) When making place 3 large marbles in kettle. Prevents popping.

(B) When making add a little salt when it starts to cook. Saves sugar, is richer in flavor.

To clean can lids, put lids in a pan. Cover with sweet milk, let stand till clabbered, then take out and wash. They are like new.

A little lime kept on shelves where jellies or preserves are stored, will usually prevent formation of mold.

Jam or jelly that is hard or sugary will be like new if you leave it in a warm oven until the sugar softens.

Too much sugar is the most frequent cause of jelly failure.

Strong, dark colored jelly results from the long cooking.

FOOD QUANTITIES FOR SERVING 25, 50 and 100 PERSONS AT PICNIC

Do you have trouble deciding how much of various foods to take to a picnic? Here are some suggested figures on 25, 50 and 100 servings, taken from "Planning Food For Institutions," a USDA handbook:

| Food | 25 Servings | 50 Servings | 100 Servings |
|-------------------------------------|---|--|---|
| SANDWICHES: | | | |
| Bread | 50 slices or 3 1-lb. loaves | 100 slices or 6 1-lb. loaves | 200 slices or 12 1-lb. loaves |
| Butter | ½ pound | ¾ to 1 pound | 1½ pounds |
| Mayonnaise | 1 cup | 2 to 3 cups | 4 to 6 cups |
| Mixed filling (meat, eggs, fish) | 1½ quarts | 2½ to 3 quarts | 5 to 6 quarts |
| Mixed filling (sweet-fruit) | 1 quart | 1¾ to 2 quarts | 2½ to 4 quarts |
| Lettuce | 1½ heads | 2½ to 3 heads | 5 to 6 heads |
| MEAT, POULTRY OR FISH: | | | |
| Wieners | 6½ pounds | 13 pounds | 25 pounds |
| Hamburger | 9 pounds | 18 pounds | 35 pounds |
| Ham (bone in) | 14 pounds | 28 pounds | 55 pounds |
| Turkey or chicken | 13 pounds | 25 to 35 pounds | 50 to 75 pounds |
| Fish, large whole (round) | 13 pounds | 25 pounds | 50 pounds |
| Fish, fillets or steaks | 7½ pounds | 15 pounds | 30 pounds |
| SALADS, CASSEROLES: | | | |
| Potatoe salad | 4½ quarts | 2¼ gallons | 4½ gallons |
| Scalloped potato | 4½ quarts or 1 12x20" pan | 8½ quarts | 17 quarts |
| Spaghetti | 1¼ gallons | 2½ gallons | 5 gallons |
| Baked Beans | ¾ gallon | 1¼ gallons | 2½ gallons |
| Jello Salad | ¾ gallon | 1¼ gallons | 2½ gallons |
| ICE CREAM: | | | |
| Brick | 3¼ quarts | 6½ quarts | 12½ quarts |
| Bulk | 2¼ quarts | 4½ quarts or 1¼ gallons | 9 quarts or 2½ gallons |
| BEVERAGES: | | | |
| Coffee | ½ pound and 1½ gal. water | 1 pound and 3 gal. water | 2 pounds and 6 gal. water |
| Tea | 1/12 pound and 1½ gal. water | 1/6 pound and 3 gal. water | 1/3 pound and 6 gal. water |
| Lemonade | 10 to 15 lemons 1½ gal. water | 20 to 30 lemons 3 gal. water | 40 to 60 lemons 6 gal. water |
| DESSERTS: | | | |
| Watermelon | 37½ pounds | 75 pounds | 150 pounds |
| Cake | 1 10x12" sheet cake 1½ 10" layer cakes | 1 12x20" sheet cake 3 10" layer cakes | 2 12x20" sheet cakes 6 10" layer cakes |
| Whipping cream | ¾ pint | 1½ to 2 pints | 3 pints |

QUANTITY COOKING FOR 100

beef and veal, 40 lbs.
baked beans, (canned) 4 no. 10
beans, string (fresh), 18 lbs.
 (frozen), 10 40 oz. pkgs.
 (canned, 4 no. 10)
beets (fresh), 20 lbs.
 (canned, 4 no. 10)
butter (in sqs.) 2 lbs.
cabbage, shredded, for salad, 20 lbs.
carrots (cooked), 24 lbs.
cocktail, 3 gals
coffee, 2½ lbs.
corn (canned) 2 no. 10
 (frozen, 10 40 oz. pkgs.)
crackers, 6 lbs.
cream for coffee, 6 lbs.
cream for whipping, ½ gal.
fowl, creamed, 32 lbs.
fowl, roasted, 60 lbs.
ham (roasted), 30 lbs.
ice cream, 3 gals.
jam or preserves, 3 qts.

lettuce (large heads), 12
 (for salad cups)
loaf sugar, 2 lbs.
meat loaf, 18 lbs.
pork rib roast, 36 lbs.
pork chops and veal, 30 lbs.
 (cutlets)
peas (fresh), 70 lbs.
 (frozen, 10 40 oz. pkgs.)
potatoes (mashed) 35 lbs.
 (for scalloping, 25 lbs.)
potatoes (for salad) ½ bu.
rolls, 16 doz.
salad dressing, (any kind) 2 qts.
soup, 6 gals.
sweet potatoes (canned) 4 no. 10
sweet potatoes, fresh, 24 lbs.
 (served candied)
tomatoes (scalloped) 4 no. 10
corn beef, 40 lbs.
stew beef, 32½ lbs.
strawberries, 20 qts.

FREEZING

SOME RULES FOR FREEZING – Only freeze fresh foods.

Do not keep frozen foods too long.
Never refreeze.
Keep a record of food stored.
Heat sealing increases protection.
Jars and cans may be used for fruits and vegetables.
Label everything you freeze.
Freeze immediately after packing.
Blanch all vegetables before freezing.
Cool and drain immediately.

Roasting chickens or turkeys. They may be stuffed ready for oven up to 4 weeks. The stuffing must be thoroughly cold before placing in cavity. Wrap giblets separately.

Glazing with ice is one method of protecting flavor of fish during storage.

Cream can be frozen for future use. Place enough cream for use at one time in glass freezing jars. Store not longer than 6 months.

Butter and cheese may be wrapped in moisture-vapor proof paper and stored for 6 to 12 months.

For freezing eggs, separate yolks from whites. For whites, package and freeze. For yolks, add 2 tablespoons of sugar or 1 teaspoon of salt to each pint. Blend carefully with rotary beater but avoid whipping in air. Skim off any air bubbles from the surface before freezing to prevent crusting.

PREPARED FOODS THAT MAY BE FROZEN

Chicken a la King
Baked Beans
Stews
Spaghetti Dishes

Casserole Dishes
All Cooked Meats
Meat Loaves
Roast Fowl - Turkey

Meat Pies
French Fried Potatoes
Soups
Fruits and Vegetables
Juices

BRUNSWICK STEW

| | |
|----------------------------------|-------------------------|
| 25 hens, cooked, boned and cut | 10 lbs. boned beef, cut |
| 5 lbs. pork | 21 gal. peeled potatoes |
| 6 gal. peeled onions | 12 gal. peeled tomatoes |
| 8 gal. cut corn | 3 gal. lima beans |
| 3 cups salt | 4 lbs. butter |
| 1/2 cup black pepper, if desired | red pepper to taste |
| 1/2 cup sugar, if desired | |

Cook hens, beef, pork, potatoes and onions until the potatoes are cooked and free of lumps. Add other ingredients. Cook in big iron pot approximately 8 hours. Stir constantly.

POTATO SALAD

Serves 50 People

| | |
|------------------|----------------------------|
| 12 lbs. potatoes | 12 eggs |
| 1 pt. mayonnaise | 1 tbsp. prepared mustard |
| 1 tbsp. vinegar | 1 pt. chopped sweet pickle |
| 8 pieces celery | |

Makes 3 gallons of potato salad.

ORANGE DATE BAR

Yeilds 96 Bars

| | |
|-----------------------------|------------------------|
| 12 oz. butter | 1/2 oz. baking powder |
| 1 lb. sugar | 1 tsp. salt |
| 6 eggs | 1 lb. 2 oz. dates |
| 14 oz. brown sugar | 1 oz. powdered sugar |
| 1 tbsp. orange extract | 1-1/2 cup orange juice |
| 2 tbsp. orange rind, grated | 1 lb. 4 oz. flour |

Cream shortening, sugar and orange extract on medium mixer speed until light. Add eggs, orange juice and rind. Beat on high speed for 5 minutes. Combine dry ingredients with chopped dates so pieces are coated. Mix into creamed mixture. Spread batter in greased sheet pan. Bake at 350 degrees for 25 minutes. Cool slightly, sift powdered sugar over cookies while still warm. Cut each sheet pan into 12 bars across and 9 bars lengthwise.

PICNIC MEAL FOR 100 PEOPLE

| | |
|---------------------|----------------------------------|
| 20 chickens | 2 hams |
| 9 doz. deviled eggs | 9 doz. pimento cheese sandwiches |
| 7 qts. pickle | 20 pies |
| 7 cakes | 1 lb. tea |
| 5 gal. potato salad | 2 lb. coffee |

PUNCH

Serves 25

3 tbsp. tea leaves
4 cups boiling water
1-1/2 or 2 cups sugar
1-1/2 cups boiling water
8 whole cloves
6 oranges or 1 can concentrate

6 lemons or 1 can concentrate
1 46-oz. can pineapple juice
1 tsp. almond extract
3 qts. ice water or gingerale
1 bottle Maraschine cherry juice

Steep tea in 4 cups boiling water 5 minutes. Strain and cool. Make a syrup by boiling 1-1/2 cups water, 1-1/2 cups sugar, cloves, 1 orange, 1 lemon peel for 5 minutes and cool. When cool combine tea, syrup and other ingredients except chilled water or gingerale. Allow to stand 1 hour or until ready to serve. Add chilled water and chipped ice.

PINK PUNCH

Serves 35 to 40

1 large 46-oz. can pineapple juice
2 cups boiling water
2 pkgs. strawberry jello
6 cups cold water

1/2 cup sugar
1 can frozen orange juice
1 can frozen lemonade
1 qt. gingerale

Add boiling water to jello. Stir until dissolved. Add cold water and juices. Add gingerale just before serving. Garnish punch bowl with slices of lemon or orange. Place a bunch of plastic flowers in center of each slice and let float on top of punch.

RED SATIN PUNCH

Serves 35

1 qt. apple juice
10 bottles 7-Up

2 pts. cranberry juice cocktail

Fill two trays with 7-Up and freeze until firm. Mix together apple juice and cranberry juice cocktail. Just before serving time add the remaining 7-Up. Pour into punch bowl over frozen 7-Up.

HOT SPICED TEA

Serves 25 to 30

4 qts. water
1 tsp. whole cloves
1 stick cinnamon
1/3 cup tea or 15 tea bags

1-1/4 cups sugar
1 cup orange juice
3/4 cup fresh lemon juice

Add spices to water. Bring water to full boil. Remove from heat. Add tea immediately. Brew 4 minutes. Strain. Add sugar, stir until dissolved. Add fruit juices. To reheat for serving place over low heat. Do not boil.

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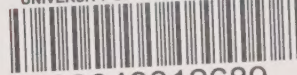
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